

The Eastern Progress

www.easternprogress.com

© 2003 Richmond, Ky

Student publication of Eastern Kentucky University since 1927

Vol. 82/No. 5, 14 pages, September 18, 2003

Combs Hall bid finished

By CASSANDRA KIRBY
Editor

A dorm that has been closed to students for three years will finally get a much-needed update.

The contract bid for Combs Hall went out Sept. 11 and Isaac Tatum Construction Company from Lebanon was awarded the contract with a bid of \$2,559,000.

"I am not familiar with them, but they list recent experience on several large renovation projects," said James Street, the director of facilities services.

Street said the company has renovated Ashland Elementary School, Lafayette High School, Picadome Elementary and the Citizens National Bank.

"All of these projects are of similar or greater complexity and scope to the Combs job," Street said.

Combs Hall is scheduled to receive a new roof, sprinklers, windows, fire alarm systems, interior finishes, room lavatories and furniture in addition to some other upgrades.

Street said the residence hall is scheduled to be completed by next August in time for fall occupancy, and that there are several monetary penalties for failing to meet this date.

Other Updates

Eastern also is currently working to complete the following projects:

- According to Street, contractors hope to have the commuter parking lot on Summit Street paved this week.

- Street said he is pleased with the status of the Health Education Center and it is on time for an April dedication.

- The electrical renovation has progressed to the point that Eastern will begin powering up some of the components on Columbus Day, and there will be scheduled outages during Thanksgiving and Christmas break to make sequential connections.

"Overall, the project is going well and the contractor has been very professional in the way he has pursued the job," Street said.

Reach Cassandra at
cassandra_kirby8@eku.edu

► Inside

ACCENTB1
AROUND & ABOUT ..B3
CLASSIFIEDSB6
NEWS BRIEFSA4
PERSPECTIVEA6-7
POLICE BEATA4
SPORTSB4-5
THE STUDIOB6
WHAT'S ON TAP? ...B2
WHO'S THAT?A5

► Weather



TODAY
Hi: 81
Low: 56
Conditions:
Mostly Sunny

FRI Partly cloudy
SAT Mostly sunny

► Reminder

Saturday the Colonels will play Western Kentucky University in Bowling Green.

Charlie's Travels



Brooke Shepherd/Progress

Charlie Owen, Democratic lieutenant governor candidate came to campus on Tuesday to discuss his platform.

Campaigning on campus

Gubernatorial race brings lieutenant governor to Richmond, Eastern

By CASSANDRA KIRBY
Editor

Lieutenant governor candidate Owen brought the Chandler-Owen campaign to Eastern Tuesday after landing his helicopter in the Ashland Fire Safety Parking Lot.

Owen, dressed in a blue button up shirt and khakis, said he is touring places that "normally wouldn't touch a governor's race."

"I'm going to get this campaign into at least 50 — and I wouldn't be surprised if we hit 100 — extra places," Owen said of his "Travels with Charlie" tour.

Greeted by a crowd of fewer than 50, mostly Richmond residents and the Young Democrats organization on campus, the democrat made an effort to shake everyone's hand and introduce himself.

"We feel good about our progress in the last three weeks," said Owen who gave a brief speech focusing on his campaign proposal on prescription drugs.

Owen criticized Republican Congressman Ernie Fletcher's recent vote against legislation in Congress that would allow Kentucky families and seniors



to purchase prescription drugs at the same price available in Canada and many European countries.

The bill would have forced the federal government's Health and Human Services Department to implement a system that allows FDA-approved drugs to be re-imported from FDA-approved facilities in Canada, the European Union and seven other nations into the United States. According to Owen, this would provide lower healthcare costs to Americans.

"The best thing you can reduce in healthcare costs are drug prices," Owen said.

"Congressman Fletcher had exactly that chance about three weeks ago, and when faced with that simple choice — he could help Kentucky families, he could help our seniors or he could help the giant pharmaceutical companies that have supported his campaigns — the congressman voted with the

pharmaceutical companies and not to lower the price of drugs in Kentucky."

If elected Owen said he and Ben Chandler have a plan to help the state's prescription drug cost problem. It includes four initiatives — a multi-state alliance to increase Kentucky's prescription drug-buying power, a prescription card for every Kentuckian without prescription drug insurance, the disqualification of drug companies refusing to participate in the prescription discount plan and a drug education program to promote the use of generic drugs as a way to cut costs.

Although it was not discussed in his speech, Owen said postsecondary education is also a top priority for him.

"I'm on the Council on Postsecondary Education so (higher education) has been a long term interest of mine,"



Brooke Shepherd/Progress

Charlie Owen lands in the Ashland Lot on campus Tuesday.

Owen said. "We have said in various places that we are going to continue Kentucky's movement toward educating our citizens — and that means at every level we want a world-class elementary and secondary system."

Owen said that although Kentucky has had a lot of progress in 10 years, the state still has a ways to go to reach the high academic standard.

Owen said he also wants to see that Kentucky remains a relatively low tuition state, so that more Kentuckians can afford and will go for some type of secondary education.

"We want to try to make it affordable and to have a quality postsecondary education for every Kentuckian," he said.

Reach Cassandra at
cassandra_kirby8@eku.edu

Tuition increase possible

By CASSANDRA KIRBY
Editor

If tuition rises as predicted next year, Jessica McMillen may be paying closer attention to her goats' breeding habits.

McMillen, who sells goats to pay for her tuition at Eastern, is particularly concerned with the Board of Regents discussion of tuition at its last meeting. Ken Johnston, vice president of financial affairs, presented a report to the board discussing the need for a 10 percent per year increase for the 2004-05 and 2005-06 academic years.

"I will probably have to start raising more goats if the tuition increases," McMillen said. "I've got 10 now that all should be having kids here soon," she added noting that each kid is sold for around \$300.

McMillen said an increase may be needed for Eastern to remain competitive with other postsecondary institutions, but said that doesn't make paying the additional tuition any easier for students.

"UK is probably about \$7,000 a year now," she said. "I think Eastern is probably due for an increase, but I don't like it."

Student Government President Kristina O'Brien shares McMillen's concern and fears the increase may be unaffordable for students at Eastern. Although she said she realizes that Eastern has one of the lowest tuition rates in the state, which could hinder the university when competing with other institutions in offering a high quality educational experience, the increase may just be too much.

"As student body president, I can tell you that I think several years of continuing increases makes it difficult for students to come to school," O'Brien said. "Specifically at Eastern, we serve a region that may not be as money liquid as some of the other regions in our state."

Furthermore, O'Brien, who also sits on the board, said the university may see an even higher tuition increase than the predicted 10 percent.

"I am a little bit apprehensive about the tuition increase because the 10 percent increase is the least proposal at the moment — least is the operative word there," she said. "When the budget cuts come out, and we are expecting budget cuts, I am most fearful that in fact it will be a greater increase."

O'Brien said budget cuts from state leaders are what the tuition rate depends on — the more money postsecondary institutions get from the state, the less universities will have to take from students. She said this is especially alarming now when neither, Ben Chandler and Ernie Fletcher, both candidates for Kentucky governor, list higher education as a top priority.

"It definitely concerns me that neither candidate for governor has higher education on their platform," O'Brien said. "I'm afraid if it doesn't get listed there and they don't start talking about it before the election,

See TUITION, A3

Health Services no longer distributes medications

By ADAM BAKER
News editor

Need a medical check-up? Want a lab test run? In need of medication? Student Health Services is the place to go ... except for the medicine part.

According to Student Health Services Director Dr. Pradeep Bose, the center has terminated medication distribution.

"The primary reason for discontinuing the dispensing of medication ... was a legal one," he said. "Generic medications

were being purchased in bulk, repackaged in small aliquot and handed out to students free of charge."

Bose explained because the center has no licensed or registered pharmacist, this repackaging practice was illegal.

"These tasks were being performed by registered nurses," he said. "By law, nurses are not authorized to repack or dispense medication."

After discussing the issue with James Conneely, vice president of Student Affairs, the two

decided medicine distribution had to be halted in order to comply with the law.

"Once brought to our attention that our Student Health Services had not been operating in compliance with specific regulations, we immediately made those necessary adjustments," Conneely said.

Bose said the center did not realize their actions were illegal until a doctor pointed them out while covering for a staff physi-

See MEDICINE, A3



Jason Daniels/Progress

Dr. Pradeep Bose, director of Student Health Services writes a prescription because SHS no longer hands out medications on campus.

O'Brien to visit Germany

By LINDA POLLOCK
Assistant news editor

For one Eastern student, Kentucky is only the launch pad to the rest of the world and even the universe. SGA President Kristina O'Brien is one of 30 students in the nation who will travel to Germany to participate in the International Astronautical Congress and the Space Generation Congress.

O'Brien had no idea a few years ago she would get to travel back to her birthplace to make an impact in her career field. She was born in Germany, but moved when she was 2 years old so she doesn't remember it.

"Having the congress in Germany is an added bonus," O'Brien said. "I am very excited."

O'Brien went through NASA training two summers ago and got a recommendation from that program to go to this conference. After an application process she joined a forum

online to discuss the topic of increasing awareness of space activities to the general public. She's worked for more than a month on this forum and will present the information at the congress.

"My experience as SGA president has helped me gain perspective (for this topic), and to get over my nervousness," O'Brien said. "This is the first international conference for me, so it is exciting and scary."

O'Brien got involved with astrophysics after having the opportunity to work as a research assistant to Anuj Sarma of Eastern's physics and astronomy department. She said that was a unique opportunity for an undergraduate, which influenced her chosen major and desired profession.

As a non-traditional student at Eastern, O'Brien has secured funding for this trip from the dean of the College of Arts and Sciences, the provost and Student Affairs. O'Brien gradu-

ated high school in Arizona and had a family before returning to school. She is now the mother of three children and her husband is a freshman at Eastern.

The Space Generation Congress, held Sept. 26-28, will be a meeting of international students who will expand on ideas from UNISPACE III and the Space Generation Summit. The students will organize and present their forums. Some of the groups will go on to present to the United Nations.

The International Astronautical Congress, Sept. 29 through Oct. 3, will be a place to discuss the latest developments on various space-related topics. In contrast to the Space Generation Congress, the IAC will involve students as well as prominent academic and scientific authorities and the public in Bremen, Germany.

Reach Adam at
linda_pollock3@eku.edu



Progress file photo

Student Body President Kristina O'Brien is one of 30 students in the nation who will travel to Germany to participate in the International Astronautical Congress and the Space Generation Congress.

SGA approves resolutions, budget

SGA approves \$22,410 operating budget, discusses new sidewalk, ECU Pride Week

By ADAM BAKER
News editor

With more than \$22,000 at their disposal, the Student Government Association is ready to once again work at making the university a better place for the campus community.

At their regular weekly meeting last week, SGA approved a 2004 fiscal year operating expense budget of \$22,410. Large amounts of the budget will go toward such things as student services projects, extended campus expenses and SGA registration fees.

At the Sept. 9 meeting, the Senate also appointed Amy Fugate to Student Court, Beneshia Smith as clerk and historian, J.R. Logsdon as sergeant at arms and Sanjita Thapa-Chhetry as senator at large.

The Senate also passed a resolution for ECU Pride Week. A special SGA committee will work with Skip Daugherty, coordinator of Pride Week, to increase school spirit during the week of Sept. 30 through Oct. 4.

This Tuesday, SGA held its regular weekly senate meeting and had the chance to meet



Dean of Students Claire Good, who is new to her position.

"Non-traditional student issues, the counseling center, the health center ... first year programs are some of the areas I am responsible for," she explained. "I am happy to be here and look forward to working with you all at some point."

The Senate went on to appoint Nicholas Hart, Nick Shulte and Derrick Trammel as senators at large.

During the Standing Committee reports, Student Rights Chair Kyle Moon said he is looking into several concerns from students on campus.

Moon reported the committee is working on SGA's annual safety walk, free speech areas,

literature distribution areas and the continuing parking issues.

A problem with on-campus recycling, Moon explained, has been a concern brought to the committee as well.

"We've had concerns about the maintenance workers dumping recycling bins into trash containers," he said. "I love the maintenance and I appreciate all the work they do but I think it's very important that we recycle as much as possible."

Moon stated he is working with David Williams, staff regent on Eastern's Board of Regents regarding this issue.

The Senate also passed a resolution concerning a sidewalk on Lancaster Avenue at Tuesday's meeting. In the resolution prepared by Moon, the document "traffic on Lancaster Avenue from the Eastern Bypass to Kit Carson Drive presents a dangerous setting for pedestrians."

The documents also explained Eastern and the city of Richmond should "examine the possibility of building a sidewalk on Lancaster Avenue from the Eastern Bypass to Kit Carson Drive, including the construction of a crosswalk."

At the Senate meeting, Moon said the idea came from a comment brought to the committee from someone "concerned about transportation on the other side of the Bypass and how dangerous it is."

"On the side where Winn Dixie and (University Book and Supply) is, there is a sidewalk but it stops at the first turn where Movie Warehouse is and from then on there is no sidewalk, he said.

"What we want to do is talk with the City of Richmond and see what we can do about expanding the sidewalk from that first turn off into the shopping center all the way to the intersection of Kit Carson Drive ... which is right down the road from the planetarium and hopefully try to get a crosswalk put on that traffic light as well."

Committee on Committees Chair Jacinda Bertie said no specific action is currently planned.

"We're just kind of looking into it right now," she said. "It's just been brought to our attention that the area is kind of a dangerous place to be walking so we just want to look into it and see what we can do."

Reach Adam at
adam_baker38@eku.edu

Program helps students find off-campus jobs

Job Location and Development Program has assisted more than 250 students

By RACHEL HAY
Staff writer

Students seeking jobs and local employers who are looking for workers are finding help with Eastern's new Job Location and Development Program.

According to Mary Raider, the program's coordinator, the program has assisted more than 250 students already. She said it is a great opportunity for newcomers and encourages everyone to take advantage of the program.

"We help (newcomers) become familiar with the community," she said.

The program helps to make the job-finding process easier by identifying positions for students, and helping with the application and resume process.

Raider added the program is free to any student; they just need to enroll in the program online on Eastern's Web site.

"It has helped students to get positions from clerical jobs to fast food and delivery jobs," she said.

Some of the businesses involved with the program include a local daycare, clothing store, fast-food restaurant, catering service, insurance agency and some banks.

Raider said the key to helping students find jobs is having a good relationship with local businesses in the program.

According to a news release sent by Jerry Wallace, assistant director of media relations, the program is not related to the Cooperative Education Program.

Students do not get acade-

mic credit for the jobs they are hired for.

Ashley Caldwell, one of the students enrolled in the program, got a job at a local gas station. She said she is in charge of gas sales at the station and was hired the day she enrolled at Career Services.

Caldwell said the program is "very helpful," also stating the program is something many students don't think about.

A local catering service manager, Larry Puscizna, said the program offers many opportunities.

"It gives us an avenue specifically for jobs," he said, stating the company has hired three students because of the job location program.

Raider was hired a month before the program started on Aug. 20.

Raider said there is a lot of interest in the program and predicts it to be successful.

"I am sure the interest (in the program) will continue to grow," she said.

Reach Rachel at
rachel_hay@eku.edu

Gershtenson named Eastern's history, politics director

By REGINALD ROSE
Staff writer

Joe Gershtenson has been named the new history and politics director.

He succeeds the Center's founding director, Paul Blanchard, who recently was named the university's executive director for government relations.

Gershtenson, a Colorado native, earned his bachelor's degree from Georgetown University, a master's degree from the University of California



Joe Gershtenson

at San Diego and a doctoral degree from the University of Texas at Austin.

Eastern established the Center for Kentucky History and Politics in 1999 to encourage

and support significant research and scholarly writing about the history of the Commonwealth.

"I respect what Dr. Blanchard has accomplished with the Center, and I hope to build on that success," Gershtenson said.

He also stated he would like the center to undertake more research projects involving undergraduate and graduate students.

He wants to build bridges between kindergarten through twelfth grade students through workshops to help teachers deliver lessons related to Kentucky history and politics.

Upcoming events include the

Center's first lecture from Jim Holmberg, who will speak about the Louis and Clark's Kentucky legacy. On Oct. 8, James Klotter will receive the Thomas Clark award. Clark, who recently had his 100th birthday, will present the award.

After the statewide election, there will be an election panel, comprised of Eastern experts and residents in the community, discussing the results.

Reach Reginald at
reginald_rose26@eku.edu

Delta Zetas
Fratmans Classic
Wednesday
Sept. 24th
at the track



Delivery people are needed at The Progress. If interested, contact Jen Almjeld at 622-1882.

Techno Pirates of Eastern Kentucky
SEG
Hottest New Group on Campus

Otter Creek Adventures Canoe Rental

We offer:

- Canoe Rental (flat water year-round, rapids up class 3 as water levels allow).
- Primitive Camping
- Fishing
- Picnicking

CALL FOR RESERVATIONS

Centrally located 3 miles from Booneville State Park

\$30.00 Per Day/Per Canoe

Sunday By Pre-paid Reservations Only

Ask about Student Discounts

Guided Tours Available

(859)661-1572 or (859)661-3018

www.kyadventures.com

Got a news tip?
Reach Adam Baker at 622-1882.

Come and be a STAR for a day at

el Caribe

Mexican & Caribbean cuisine

150 E. Main St. (Old O Riley's Bldg.)
Carry Out & Delivery Available
626-8815

Kids under 6 eat FREE on Mondays!

Happy Hour
Monday-Friday 4 - 7 p.m.
Margaritas 2 for 1 per person
Monday - Thursday

Karaoke
Friday night is Karaoke for kids 7-11p.m.
Saturday Karaoke for everyone 7:30 - 11:30 p.m.

Hours: Mon. - Wed. 11 a.m. - 10 p.m.
Thurs. - Sat. 11 a.m. - 11:30 p.m. • Sun. Closed

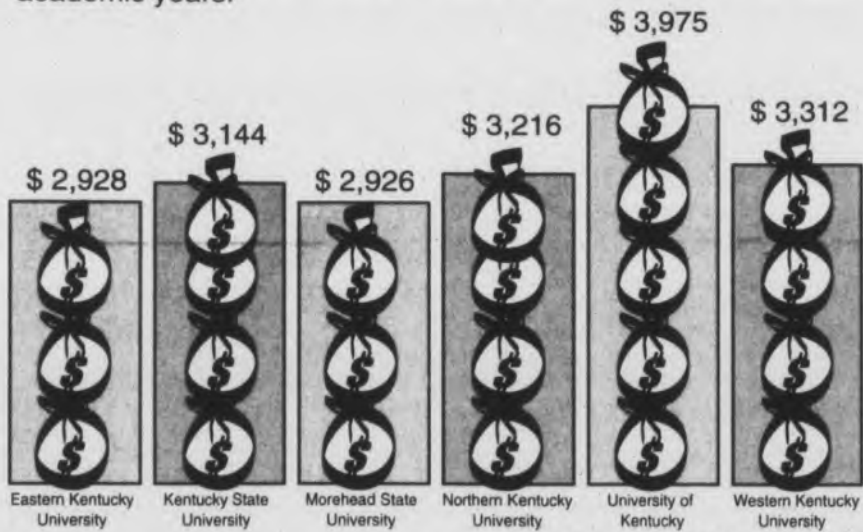
FREE Delivery **www.el-caribe.net**

20% OFF Monday Lunch & Dinner

Map showing location at Main St. and Madison Ave. with an 'X' marking the restaurant and a 'parking' area.

\$tacking it up

According to the Council on Postsecondary Education, Eastern's tuition is significantly lower than most of its competitive postsecondary institutions. Eastern is currently discussing a 10 percent per year tuition increase for 2004-2005 and 2005-2006 academic years.



TUITION: Students may pay more for classes

From Page A1

students will be the ones to pay. "We had a governor last year that was in support of postsecondary education," O'Brien said. "To think that we could have a governor that is not making postsecondary education a priority is a very scary thing if you are a student."

O'Brien and the Student Government Association are making plans to persuade state leaders to support higher education and are working to inform students about the importance of the issue.

SGA is in the process of planning a student forum later this semester so students have the opportunity to ask questions and to express their opinions concerning a tuition hike.

"I think that especially with tuition everything that is being considered is intangible to most students," O'Brien said. "I think

that it becomes a complicated issue and students need to have the opportunity to ask questions so that they can understand why the increases may possibly occur."

O'Brien said SGA also may lobby at the state level with other student government associations.

"I wouldn't be surprised if we saw another trip to Frankfort in order to do some lobbying on the behalf of students," she said.

According to Eastern President Joanne Glasser, an exact tuition increase proposal will be taken to the board at its Dec. 4 meeting.

"I regret it anytime we must raise the fees our students must pay," Glasser said. "Eastern is currently a bargain for its students — we are about 10 percent behind the average of tuition and mandatory fees of other comprehensive universities in the state."

Glasser said she would like to close this gap Eastern has with other universities over a four-year period so that the school has "the resources to continue to offer students quality programs and services."

"We are doing more with less than our counterpart institutions now, but there is a limit to how far that can be taken," she said.

No matter what the circumstances, however, a tuition increase could be potentially harmful to some students at Eastern.

"It's going to be a lot harder for me to go here if they increase tuition," said Tara Allen, a pre-pharmacy major from Manchester. "I'll have to get more loans and I really don't want to do that."

Reach Cassandra at cassandra_kirby8@eku.edu

Medicine: SHS still offers other services

From Page A1

cian on vacation.

"Since no adverse incident related to our dispensing medication had occurred, the practice was never questioned," he said.

Bose added he does not anticipate Student Health Services will face any repercussions regarding this incident.

"No individual should be indicted for trying to help students out, especially since nothing untoward has happened as a result of our dispensing the meds," he said. "But, should something happen, and our procedures are questioned, we should be able to withstand legal scrutiny."

Bose said he does understand students will be affected by this decision and expected "disappointment at this loss of service."

"The decision to discontinue dispensing medication was a most difficult one and we hope to find a suitable alternative soon," he said. "Dr. Conneely was provided with several alternate arrangements for his consideration that would allow students access to medication and keep Student Health Services

within legal bounds.

"These scenarios are still being considered and I am certain the best one for students will be chosen by (Conneely)."

Bose explained in the meantime, doctors at the center are trying to help patients save when it comes to forking over cash for medicines that were once free at Student Health Services.

"We are writing prescriptions for those medications that require a (prescription)," he said. "For (medications) that have over-the-counter equivalents — we are advising students to use the (over the counter) alternatives," he said, noting these are "most often effective and yet are inexpensive."

Despite the center's efforts to make the absence of service easy on patients, some students on campus see the decision as a disadvantage.

"We pay (the university) lots of money to go here — they should at least provide us medications," said Kelly Courz, a sophomore business major from Owensboro.

Carla Brewer an undeclared freshman from Campton said the change will add more to her

expenses.

"I guess I can understand why they did it, but I find it a big inconvenience," she said. "And my bills for school are already expensive and then to have to buy more medication adds more to bills."

Brewer noted, however, she will not abandon the service.

Though Student Health Services has lost arguably one of its most popular benefits, Bose stated the center's promise to offer other services will be ongoing.

"We continue to see patients, evaluate their complaints (and) run all the previously available lab tests," he said. "We continue to evaluate and treat for sexually transmitted diseases ... offer evaluation and treatment for orthopedic injuries and repair minor lacerations."

Bose added the center continues to offer immunizations for meningitis, hepatitis B, MMR and tetanus. The center also provides allergy shots, TB skin tests and psychiatrist visits are available on Thursday, Bose said.

Reach Adam at adam_baker38@eku.edu

Students train professors

By RACHEL HAY
Staff Writer

For the fifth year, the department of exercise and sports science has offered an adult fitness programs class. The first meeting was Sept. 1 in the Moberly Building with nine students in the practical experience program.

The students are juniors and seniors majoring in fitness and wellness and are also practicing fitness trainers. Jack Rutherford oversees the program.

According to Rutherford, the faculty are the clients and will benefit from the student personal trainers.

"A real benefit for the client is a healthy lifestyle," Rutherford said. "If we've done our job, they won't need us anymore."

There are 50 clients who are required to attend at least 80 percent of the meetings.

Students are taught interpersonal communication, enabling them to assess the clients' needs, allowing them to center around those needs during the training.

"We think it's providing a service," Rutherford said.

Betsy Bohannon, one of the clients who has taken the class before, is taking the class along with her husband, David. The two are exercise partners, which is helpful with accountability.

"It makes you think about what you want as far as cardiovascular (fitness) ... and it's fun," Bohannon said.

She said it makes you watch everything you do. For example, you are conscious of bad habits and park the car farther away, so you have to walk more.

She also mentioned her husband lost 23 pounds and dropped four clothes sizes. She



CJ Gregory/Progress

John Wernegreen, a professor in the physical astronomy department participates in PHE 433, a class for Eastern faculty.

said she didn't get quite as dramatic of results, but she could see a difference at the end of the last fall class she attended. Her goal for this semester is to work on strength training.

Kate Williams, a co-worker, told Bohannon about the program and she got involved. The clients fill out papers to indicate what they want to work on in the program. The worksheets contain current health status and goals for the client. They also have a physical fitness test.

"I was able in one semester to see results as far as endurance," Williams said.

She said the program is "mutually beneficial" since the students are getting real life practice and the clients are getting a personal trainer.

There is no cost for the clients entering the program. However, it can only take 50 clients and, therefore, some faculty members were turned away.

"It seems they have a lot of interest, so I hope it continues," Williams said.

One of the students, Brandi Mullins, said she wants her clients to "live longer and healthier lives." With her clients, she said she hopes to "improve life as a whole." The process has helped motivate Mullins to develop a healthier lifestyle herself.

This program is only offered during the fall semesters. However, a personal fitness training class will be offered for the spring semester.

"The only real difference is that in the spring class, we don't have the P.E. majors taking the class for credit. I solicit volunteers who want to pick up professional service hours," Rutherford said.

Reach Rachel at rachel_hay@eku.edu

McNair program offers graduate school opportunities

By ERIC BARRIER
Staff writer

Many Eastern students pursuing a doctoral degree will soon be eligible for hundreds of thousands of dollars in grant money.

The U.S. Department of Education recently granted Eastern \$880,000 through the Ronald E. McNair Post-baccalaureate Achievement Program for four years. The McNair Program is designed to assist low-income, first-generation students or students from under-represented groups who have aspirations to achieve a doctoral degree.

The program defines under-represented groups as African-Americans, Hispanic-Americans, American Indians and native Alaskans.

The ECU McNair Project is set to officially begin Oct. 1, said Rich Richmond, director of the project. At that time the identification and selection process of eligible students can begin.

"There are a bunch of students on this campus who will be eligible," Richmond said.

According to Richmond, about 9,000 Eastern students fill the requirements.

Students involved in the McNair Projects will receive Eastern's Presidential Scholarship. The scholarship is an intensive academic and campus living support, professional developmental training specific to the students' desired programs, graduate level faculty mentoring, and "handsome stipends" for summer internship activities, Richmond said.

Between their sophomore and junior years, McNair scholars will participate in internships on Eastern's campus. The following summer they will conduct research and intern at the University of Indiana in Bloomington.

McNair scholars will also participate in a lot of extracurricular work as undergraduates to prepare them for enrollment later in a Ph.D. program, Richmond said.

"This is truly exciting news," University President Joanne Glasser said. "The grant's focus on low-income, first-generation college students, and under-represented students fits well with ECU's tradition as a school of opportunity and with our goals in the area of diversity."

The project will support Glasser's aim of making

Eastern an institution of national distinction, Richmond said. With many such projects across the nation, Eastern will connect to a network of other graduate schools.

"Our graduate school may benefit by having working relationships with institutions involved with other projects," Richmond said.

The McNair Project will become the fourth TRIO Project at Eastern, a collection of federally funded programs providing various services to almost 1,000 students. These programs have provided the university with \$1.35 million in grants. The other three TRIO projects include the Educational Talent Search, Upward Bound and Student Support Services, or NOVA.

Richmond, along with Kate Williams, director of Student Support Services, spent a year preparing the McNair grant proposal.

Eastern and Murray State both received McNair grants this year, becoming the first schools in Kentucky to receive such funding.

Reach Eric at eric_barrier@eku.edu

Corner of Fifth St. & Main St.

Main St. Chevron

Presents:

TCBY Fruit Head Smoothies

Let the choices go to your head!

One Sip And You'll Be One A Fruithead, Too.



Tropical Twist

w/ Natural Juices

- Mighty Berry
- Passion Power
- Raging Raspberry
- Pineapple Combustion

Beach Blends

w/ Frozen Yogurt

- Banana Berry Blast-Off
- Strawberry Surge
- Latte Cooler
- Raspberry Rush
- Pina Chill-Ada
- Tropical Bliss

Boosters

add to any smoothie for great ways to supplement your diet

- Fat Burner
- Multi-Vitamin
- Immune Boost
- High Energy
- Protein Boost

1 Large 1 topping & order of Cinnastix

\$6.99



623-0030

Join The Crew

SEG

Student Enterprise Group

Get The Booty

Punjab India Restaurant

Open 7 days a week
Luncheon Buffet 7 days a week

EKU Students 15% discount with this ad

Located next to Captain D's on Berea Road
Dine in or Carry out 624-8710

1071 Berea Road Richmond, KY 40475





Progress file photo

Students at the Appalachian State football game celebrate their school spirit. Sept. 29-Oct. 4 will be EKU Pride Week, meant to increase school spirit on campus and in the community.

University pushes pride

Pride Week to increase campus, community spirit

By LINDA POLLOCK
Assistant news editor

Students will have yet another opportunity to show their school pride with the first EKU Pride Week. The week of Sept. 29 through Oct. 4 will be a time to reflect and celebrate why students come to Eastern.

"EKU Pride Week is one important way EKU can say 'thank you' to the students for choosing us as their university," said Skip Daugherty, coordinator of Pride Week.

Daugherty said there are several reasons for choosing October as the time to celebrate EKU Pride Week.

"It is enough spacing after New Student Days and our second home football game. We might have two more (in January or February and one at the end of the year)."

During the week students and faculty are encouraged to wear their Eastern T-shirts, and Eastern will offer EKU Pride T-shirts at near-cost prices.

Also as part of the week, there will be a campus-wide door-decorating contest with prizes for staff offices and resi-

dence halls.

There will be a Madison County Alumni annual picnic on Oct. 1 at Arlington Mulebarn, as well.

The planning committee included a cross section of Eastern including university President Joanne Glasser, Cari Wallace from the Office of First Year Programs, students and representatives from the athletic department and the Student Government Association.

The planning committee has less than a \$2500 budget. The week, according to Daugherty, "is such a simple way to make a major statement."

One of the events during that week is the pep rally on Oct. 3. The football team, dance team, cheerleaders and Head Coach Danny Hope will all be in attendance. There will be a spirit contest that evening for all the students who attend.

Another goal of this week is to improve community and university relations. Daugherty said it can change the dynamics of a university in three years.

One of the ways he's doing this is through inviting local

public officials to offer a proclamation supporting EKU Pride Week.

"If given an opportunity, (the public officials) will recognize that Eastern is a vibrant part of this region," Daugherty said. "We are the best-kept secret even among ourselves."

Daugherty feels sometimes students come to Eastern because it is a "school of opportunity" but don't get plugged into everything Eastern has to offer.

He hopes this week and future weeks will be a reminder to the Richmond community that Eastern is an important asset to local businesses.

"This is one way the Richmond community can demonstrate how much it appreciates and supports EKU students and the university," Daugherty said.

"The activities will make for a successful week to give everyone a chance to demonstrate their pride and show appreciation to our students for attending EKU and to the faculty and staff for all they contribute to the success of our students."

Reach Linda at
linda_pollock3@eku.edu

► News Briefs

Eastern Idol meeting will give information

Those interested in competing in the next Eastern Idol should pick up an application from 9 a.m.-5 p.m. as soon as possible in the SGA office.

A mandatory informational meeting will be held for all applicants at 9 p.m. Monday in the Kenamer Room of the Powell Building.

Career Day 2003 held Sept. 23

The Fall 2003 Career Day will be held at 11 a.m., Sept. 23, in the Keen Johnson Building. For more information, visit the Web site at www.career.eku.edu.

Course challenges community

Campus groups are welcome to take advantage of the Eastern Challenge Course. Groups are welcome to use the state-of-the-art experiential learning facility. For more information, contact Jason Burton, course coordinator, at 622-1217 or jason.burton@eku.edu

Teaching abroad offers opportunities

Eastern's Cooperative Center for Study Abroad (CCSA) has many opportunities for Eastern faculty to teach abroad. CCSA is now accepting proposals from faculty for courses to be taught

in the 2004-05 school year. Deadline for submission of course proposals is Sept. 26. For more information, contact Bonnie Plummer at 622-1705 or e-mail her at Bonnie.Plummer@eku.edu.

Insurance purchasing lecture to be held

Eastern's College of Business and Technology in conjunction with Continuing Education and Outreach will hold for two-hour lectures to help you in your insurance buying decisions. Classes will be at 7 p.m., Sept. 30 in the Perkins Building, Room 212. For more information, contact the EKU Workforce Education office at 622-2961 or corrie.stotts@eku.edu.

Colonel Caravan to Western

Purchase a \$7 ticket get a seat on the bus to the Western Kentucky University football game this Saturday. The caravan is sponsored by EKU Student Affairs, Alumni Relations and Athletics. Call 622-3855 for more information.

Transportation Cabinet holds study

The Kentucky Transportation Cabinet along with Madison County and the cities of Richmond and Berea will conduct a study to develop a transportation plan for the county. A public meeting will be held at 5:30 p.m., Sept. 25 in the Commission Chambers of the Richmond City Hall. For

Compiled by Roger Lee Osborne

more information call 859-224-7776 or e-mail at stuartk@jig.com.

Young Democrats to hold first meeting

The Young Democrats of Madison County will hold its first meeting. Anyone under 40 is invited to attend. College students are welcome as well. The meeting will be held at 2 p.m., Sept. 27 at the Richmond Public Library. For more information contact Brandon Long at (859) 985-1319.

Poet to hold reading on campus

Stephen Corey will hold a poetry reading. Corey has published 10 books of poetry and has won many major awards. The reading is sponsored by the English department and Sigma Tau Delta English Honor Society. The reading will take place at 7:30 p.m., Sept. 22 in the Kenamer Room of the Powell Building.

ASSE scholarships available now

The American Society of Safety Engineers (ASSE) Foundation now has scholarships available for college students pursuing a degree in occupational safety, health and the environment. For more information contact Michael Nowak at (847) 768-3404 or by e-mail at mnowak@asse.org.

Director of purchasing named

By ROGER LEE OSBORNE
News writer

A new director of purchasing has been named for Eastern. Lora Perkins Snider, a 14-year employee of the University began her duties this month.

"Mrs. Snider is very familiar with the university personnel, as well as university and state purchasing procedures and regulations," said Ken Johnston, vice president of Financial Affairs. "We are thrilled to have her."

Snider previously served as assistant director of purchasing

from 1998 until her current promotion this year.

"She had been in the office before as assistant director, so it was a fairly uneventful transition," Johnston said.

Aside from being administratively responsible for the office, director duties range from making purchases for campus facili-



Lora Perkins Snider

ties to being responsible for bids and quotes of larger purchases.

"One of the main responsibilities of the director is overseeing the central stores facility," Johnston said.

Snider replaces Robert Turpin who retired after 30 years of service to the university.

"Mr. Turpin announced his retirement well in advance so we could conduct a search and find a replacement," Johnston said.

Reach Roger Lee at
roger_osborne2@eku.edu

► Police Beat: Sept. 6-14

Sept. 6
Zachary C. Spencer, 20, of Verona, was charged and arrested for alcohol intoxication.

Amanda Daniels, 18, of Telford Hall, was charged with and arrested for alcohol intoxication.

Matthew S. Cook, 18, of Case Hall, was charged with and arrested for alcohol intoxication, after the officer opened his truck door and Cook began to urinate on public ground.

Officer Mark Rose reported

a vehicle with its window broken out. An amplifier was stolen from the vehicle. There are no suspects at this time.

Cynthia T. Hoskins reported her CD player she loaned to someone was broken in her vehicle.

Sept. 7
Michael Miles reported a theft of a key and \$20 from the Campbell Building.

Sept. 9
Tiffany Cooper reported that her vehicle was

scratched while parked in Clay Hall Lot.

Sept. 9
Matt Horn reported an altercation in Keene Hall. The suspect pushed the victim twice and hit him on the cheek. The victim is not pressing charges.

Sept. 10
Christina Russell reported her keys stolen from the dressing room in the Foster Building.

Connie Callahan reported a university laptop computer

stolen from the Keith Building.

Sept. 11
Charlotte Hubbard reported harassing phone calls to her voice mail. The male voice used vulgar and crude language.

Kristine Voet reported that another resident pushed their way into her room and called her names.

Steven M. Keaton, 26, of Salyerville, was charged and arrested with speeding and operating a motor vehicle while under the influence.

Sept. 12
Kristi Carlise reported damage to a door of the Stratton Building.

Sept. 13
Jessie Foster reported harassing phone calls to the front desk of Commonwealth Hall.

Officer Patrick Howard reported two vehicles with broken passenger windows. A stereo was taken from a Ford Ranger. The cars were parked in the Lancaster Parking Lot.

Compiled by Linda Pollock

Melanie Sharp reported theft of her debit card. There have been three unauthorized transactions since she last used it.

Sept. 14
Garney Smith reported his wife's cell phone was stolen from her car in front of their residence at University Drive. The window was left down partially.

Jay Mitchell reported his caller ID stolen from his room in Donovan Annex. There are no suspects at this time.

SPREAD THE NEWS
If you have a news tip contact the Eastern Progress
(859) 622-1882
The Eastern Progress

EKU Computer STORE
Providing all of your computing needs
Microsoft Macromedia Adobe Symantic Norton Flash Memory Playstation 2 Xbox
Hewlett Packard Lexmark Dell Apple Accent Canon Memory DVD Mice Keyboards Zips

CAR STEREO
ECLIPSE J. AUDIO
JVC
AUDIO CENTER Inc.
23 Southern Hills Plaza
Richmond • 624-2515
Since 1981
CAR ALARMS Alarms Keyless Entry Remote Starts
REPAIR Computer Home Stereo Car Stereo
PAGERS Accessories: Phoenix Gold Metra • Raptor
WINDOW TINTING Car Video & LED Kits

Techno Pirates of Eastern Kentucky
SEG
Hottest New Group on Campus
Check Out Eastern's Talk Show
LIVE from Studio "B"
Wednesday nights at 7:30 p.m.
tune to channel 61 on campus
Can't catch it Wednesday? Don't worry, you can tune in for the repeats on Mondays and Fridays at 7:30 p.m.

Musicians & Music Students
BWI, a leader in the distribution of Print and Audiovisual materials to Public Libraries currently has full or part time positions open for candidates knowledgeable in classical, modern, jazz, rock and other music in our Audiovisual Cataloging department in Lexington.
Please submit resumes or apply in person:
BWI
1847 Mercer Road • Lexington, KY 40511
Candy Scott, HR Coordinator
cscott@bwibooks.com
(859) 231-9789
(800) 888-6319 EEO

Who's That?

Morgan Caldwell, editor

The Eastern Progress | www.easternprogress.com

Thursday, September 18, 2003 **A5**

Eastern alum says hip-hop's gone gutter



Photo submitted

DeVone Holt, Baptist minister, economic manager and Eastern alumnus, is the author of a recently-released book, "Hip-Hop Slop: The Impact of a Dysfunctional Culture."

By MORGAN CALDWELL
Who's That? editor

Hip-hop is everywhere these days. You read about hip-hop artists in the news, then flip on the TV and watch hip-hop music videos. Eminem and Queen Latifah won Oscars this year, and the term is frequently bandied about. But what is hip-hop?

According to DeVone Holt, an Eastern alumnus, hip-hop is a culture.

"It's art, it's dance, it's gold teeth, it's corn rows, it's tattoos, it's liquor, it's drugs, it's music, it's rap, it's saggy pants, it's shoes, it's jogging suits — it's so many things," Holt said.

Holt is the Inner City of West Louisville Economic Development Manager now, but he graduated from Eastern with an English degree and a minor in journalism. He frequently wrote music reviews and columns for The Eastern Progress — and all of them about hip-hop. He was engrossed by the genre throughout college.

"I was a big hip-hop fan," Holt said.

He even used to deejay at parties and produce some music of his own for fun.

Now Holt is the author of the book "Hip-Hop Slop: The Impact of a Dysfunctional Culture." As the name suggests, Holt believes that hip-hop today has deviated

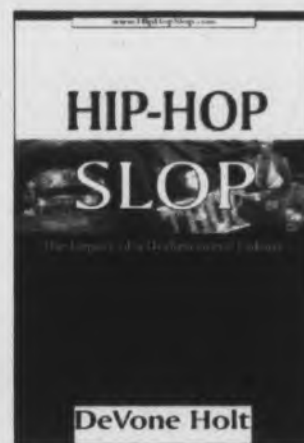


Photo submitted

DeVone Holt's book, "Hip-Hop Slop," is available at most major bookstores.

from its original form and taken a turn for the worse.

"You grow older and mature a little bit and start to get frustrated with the way the music is going," Holt said.

Much of his research for "Hip-Hop Slop" came from his own music archives and extensive knowledge. Holt's basement holds thousands of dollars worth of hip-hop albums. He said he had already marked a significant decline around 1995, but it took an eye-opening event to trigger the birth of his book.

"I was a mentor to some young ... high-risk boys,"

Holt said.

He took the boys, whose ages ranged from six to twelve, to a baseball game.

"When the national anthem came on I had to settle them down. They didn't understand the importance of the song," he said.

The real catalyst came when the stadium played "Get Your Freak On."

"They knew every single word," Holt said. "That was when I decided to write the book."

Holt hasn't totally turned his back on the culture, however. He continues to buy hip-hop albums. He pointed out that Black Eyed Peas have a song out with a good, positive message.

"There are plenty still out there," Holt said. "They're just not put on a pedestal like some of the others."

Holt pointed out that Eminem and Lil' Kim are two among many with not-so-positive messages.

"Lil' Kim says in one of her songs, 'All we're about is sex, drugs and cash,'" Holt said.

He reiterated that it wasn't always that way.

"Rap and spray paint and graffiti are just aspects of the culture."

Reach Morgan at
morgan_caldwell11@eku.edu

DeVone Holt

Hometown: Louisville

Birthday: Sept. 17

Title: West Louisville Economic Development Manager

“ [Hip-hop] is art, it's dance, it's gold teeth, it's corn rows, it's tattoos, it's liquor, it's drugs, it's music, it's rap, it's saggy pants, it's shoes, it's jogging suits — it's so many things. ”

Student Government Association & Student Activities Council Fall Fest

**Wednesday September 24th
9am-3:30 pm outside of Powell.**

Showcase your student organization, recruit new members, and meet the other leaders on campus!
Sign up for tables at 132 Powell or by calling 622-1724

**SGA Open House to follow
5 pm-6:30 pm in Powell.**

Meet this year's leadership team, view new office space for Student Organizations, and find out how SGA can assist your group.



Extreme Richmond Skate and Paint Event!

Sept. 19, 20, 21 City Park (Other side of Pay Lot)

Friday:
4:00 Free Skate
6:00 Bands begin
Stuntwood Demo
7:00 Free Skate
8:00 Concert continues

Saturday:
11:00 Free Skate
12:00 Bands Start
Paintball Games
1:00 Beginners
2:00 Intermediate
3:00 Advanced
4:00 Free Skate
5:00 Paintball Ends
6:00 Concert!

Sunday:
1:00 Youth Open Skate
Youth Events Continue
End 5:00 p.m.



Skateboard Tournament
Paintball Games
Live Bands!

For information about how to enter Skate, Paint, or Concert, call

HIZINX Skate 626-8855



Paleontologist Paul Sereno has encountered some of the weirdest creatures that ever walked the earth. Yet some of the scariest things he's discovered aren't likely to become extinct anytime soon. Sad to say, investment fees and expenses will probably outlast us all. That's why Dr. Sereno **was afraid of getting eaten alive.**

So he turned to a company famous for keeping costs down. That meant more money for him and less for the monsters.

Log on for ideas, advice, and results. TIAA-CREF.org or call 800.842.2776



Managing money for people
with other things to think about.™

RETIREMENT | INSURANCE | MUTUAL FUNDS | COLLEGE SAVINGS | TRUSTS | INVESTMENT MANAGEMENT

Paul Sereno became a participant in 1987, TIAA-CREF Individual and Institutional Services, Inc., and Teachers Personal Investors Services, Inc., distribution securities products. © 2003 Teachers Insurance and Annuity Association College Retirement Equities Fund (TIAA-CREF), New York, NY. A charitable donation was made to Project Exploration (www.projectexploration.org) on behalf of Paul Sereno.

Perspective

A6 Thursday, September 18, 2003

The Eastern Progress | www.easternprogress.com

Cassandra Kirby, editor

got meds?



Jacob Williams/Progress

Absence of free medicine is inconvenience for students

Got that bug that's going around? Head on over to ... Wal-Mart? That's what the doctors at Student Health Services are saying.

Since June SHS has not passed out medications to students. This is because they bought the medicines in bulk and had registered nurses open the packages, and repackaging the medicines to give to students.

This, apparently, is an illegal practice. Medicines can only be dispensed by licensed pharmacists or those working under the supervision of a pharmacist.

So Eastern no longer passes out Tylenol, cold medicines or antibiotics. In place of handing out medicines, doctors

are giving out their John Hancocks — on prescriptions that can be filled at any pharmacy.

The problem with this is many students relied on the free medicines, given in the past, to get well. While doctors do recommend cheaper, over-the-counter medicines when possible, when students need antibiotics there is only one alternative to spending their cold hard cash — do without.

Students who don't have a job, or make minimum wage may find it hard to come up with the cash to purchase the prescribed drugs, and instead of calling home for money, may go without.

In the past, many students have gone

to SHS to get free medication for a cold and found out they have something more serious than a case of the sniffles. Now that students know they can't get free medicines, they may be deterred from utilizing health services at all, posing a threat to their health.

The university needed to change the way medicines were dispensed we couldn't keep breaking the law, but there must be alternatives. We encourage the university to explore these other possibilities to help keep the student body healthy.

Reach The Progress at
progress@eku.edu

► News Quiz

OK, boys and girls. It's time to test your knowledge of what's going on at Eastern. If you don't know the answers, don't worry. Just go to www.easternprogress.com and you can cheat.

1 Sept. 29 to Oct. 4 will be what week at Eastern?

- a) EKU Pride Week
- b) Lawn care week
- c) Decorate Daniel Boone week

2 Who will the Colonels play this weekend in football?

- a) Clown University
- b) Western Kentucky University
- c) Bakerville University

3 Who was named the new director of history and politics?

- a) Joe Gershtenson
- b) Jen Almfield
- c) Katie Couric



Brooke Shepherd/Progress

4 What is this guy doing?

- a) Capturing a student
- b) Recruiting for a new student organization
- c) Looking for his parrot

► Campus Comments

The Board of Regents is discussing a possible tuition increase. Managing Editor Katie Weitkamp asked students what they thought.



JOSHUA FOGLER
Major: Computer information systems
Age: 19

I think it's not a good idea because some people aren't able to pay it.



SHANNA ALLEN
Major: Public relations
Age: 20

It doesn't really matter to me, cost of living increases all the time, so tuition should too.



E.W. VANDERPOOL
Major: Forensic science
Age: 19

It wouldn't really affect me since I'll be out of here.



LAUREN MCCORD
Major: Psychology
Age: 20

Increasing the price of anything is generally never ever good for anyone.

► How to reach us

Phone: (859) 622-1881 | E-Mail: progress@eku.edu | Fax: (859) 622-2354

To report a story or idea

News
Adam Baker, 622-1872

Accent
Tracy Haney, 622-1882

Around&About
Sara Tyree, 622-1882

What's on Tap
Cindy Held, 622-1882

Sports
Todd Purvis, 622-1872

The Studio
Katie Weitkamp, 622-1572

To place an ad

Display
Ashley Prichard, 622-1881

Classified/Subscriptions
Kym Fox, 622-1881

To suggest a photo or order a reprint

Brooke Shephard, 622-1578

To subscribe

Subscriptions are available by mail at a cost of \$1 per issue; \$20 per semester; or \$38 per year payable in advance.

My turn & letters policy

The Progress welcomes submissions for My Turn columns by Eastern's students, staff, faculty or anyone in the community interested in voicing an opinion.

My Turn columns should relate to a current topic on campus or in the community and not be longer than 1,000 words.

Authors can bring their columns to The Progress office at 117 Donovan Annex by noon the Monday before publication. Usually the author's photograph is included with the column.

Columns may be saved on disk as RTF or text-only files. Columns and letters to the editor may also be e-mailed to The Progress at progress@eku.edu or faxed to the office at (859) 622-2354.

The Progress does not print anonymous columns or letters. Please include a phone number and address for verification purposes only, not for publication.

The editor of The Progress reserves the right to edit columns and letters for length.

The Eastern Progress

www.easternprogress.com

117 Donovan Annex, Eastern Kentucky University, Richmond, KY 40475

Cassandra Kirby
Editor

Katie Weitkamp
Managing Editor

Nathan Bullock, Michael Kotora & Jacob Williams
Staff artists

The Eastern Progress (ISSN 1081-8324) is a member of the Associated Collegiate Press, Kentucky Intercollegiate Press Association and College Newspaper Business & Advertising Managers, Inc. The Progress is published every Thursday during the school year, with the exception of vacation and examination periods. Any false or misleading advertising should be reported to Adviser/General Manager, Jen Almfield at (859) 622-1143.

Opinions expressed herein are those of student editors or other signed writers and do not necessarily represent the views of the university. Student editors also decide the news and informational content.

Enjoy campus 'seven days a week'



TRACY HANEY
My Turn

Tracy is a sophomore journalism major from Lexington. She is the Accent editor for The Progress.

If there is such a thing as a suitcase college, Eastern is undoubtedly it.

During the week, I fight for a parking spot in my dorm lot. I am elated if I find a place to park in the back row, but when it comes to the weekends, I never have to worry.

Students file out of the dorms as early as Thursday afternoon headed away from campus: a campus I now call home.

When I get off work in Lexington on Saturday night, I can't wait to be back in Richmond. Not necessarily because there are great things going on, the campus more closely resembles a ghost town than anything else, but because, to me, Eastern is home and I feel better when I'm here.

I know a lot of people have legitimate reasons for going home on the



week-ends like work or to see their significant other, but you're paying to live here, so why only stay four nights a week?

When I first started college, I was staying home on the weekends, too. It seemed easier: I could do laundry at no charge; I worked in my hometown so I didn't have to drive as far. It made

sense at the time, but the more and more weekends I spent away from Eastern, the more I came to miss it.

I enjoy having friends around all the time; my roommate has become like family. I've even gotten used to the microwave meals, washing dishes in the bathroom and showering in flip flops. Although I don't think I'll ever become accustomed to the occa-

sional cold shower we're forced to take at nine in the morning.

I know that being here, at college, is a once in a lifetime experience. There are so many lessons to be learned and so much growing up to do. These days could easily end up being the best of our lives, so why spend only half of your time here?

Every night before I go to sleep on my egg crate padded bed, I look out my window at a beautiful sight: Eastern's campus. The glow from street lamps and lighted windows is a significant contrast to the darkness of my dorm room.

I take a moment to enjoy the view before closing my blinds and retiring to bed. I am happy Eastern is my new home and that I can spend my time here — seven days a week.

► letters to the editor

Student wishes to be left alone in parking lot

Every single time I pass a parking lot during the day, I see someone slide up next to me in their car, and I hear, "Excuse me, are you leaving?"

I can be as far away from the parking lot as possible, and still, they ask. If they are too lazy to get to campus early enough to find a spot, then they deserve to park far away. And, they should not bother people who are trying to get to their classes or room.

It is their impatience to wait and see that bothers me. They just shout at you like their time is more important and you should stop everything to answer their questions. I have better things to do with my time.

Natalie D. Akers,
Student

Student finds problems at campus bookstore

"Don't worry, they've been ordered. Come back in a couple of days."

This is the constant answer that the University Bookstore has offered for every question regarding their books. I am enrolled in five classes, of which the bookstore had only the books I needed for English in stock. A week and a half into the semester, and after hearing the repetition of "they'll be here in a couple of days," for the last several weeks, the bookstore still does not have most of the books that I need for class.

I know that I am not the only person on this campus that has experienced this inconvenience. I have heard many of my fellow classmates echoing the same sentiments. It seems the only people I know who have all of their books ordered them from

Amazon.com or some other online resource: which is what I will do from now on.

While the lack of inventory is the major problem facing the Eastern Bookstore, it seems that no matter what time of day it is, they are always understaffed. In order to even inquire about the status of a missing book, one must first wait in a line that is at least 20-30 minutes long in order to talk to the only person that is attending the service desk. However, even after waiting patiently to talk to the service desk, the only counsel received is to, "check back in a few days, we'll hold one for you."

Many students rely on book vouchers to get their books. While I am not in this group, many that have been charged an extra \$10 for each book received without

the voucher. When the bookstore was asked why this charge was billed to the students, they stated that they had no idea.

In conclusion, while I am not going to give Eastern's bookstore anymore business, Eastern needs to install some system of checks and balances to ensure students are at least getting their textbooks. While this is not only frustrating to the students and faculty, in some cases the lack of textbooks is holding up classes and causing students to fall behind.

Sometimes the key to a successful school year is a good beginning. The ECU Bookstore has not made the beginning of the school year easy for anyone.

Josiah Lambert Keats,
Student

Viewers vote ...

Battle of the ban

As of Tuesday night, 258 people had responded to our Web site poll asking students what they thought of the policy forcing bars downtown to allow only those 21 and above inside. While 108 said they felt the ban was unjust, 143 voters said they were in favor of the policy. Seven of those voting were undecided.

Do you agree with the bars moving to a 21 and up policy?



Eun Young You/Progress

MESSAGE BOARD

Student Health Services is no longer passing out medicine. How do you feel about this issue? Do you agree with university administrators' decision? Does this cause any inconveniences for you? How will you obtain medicine now? Tell us what you think! To join the debate, go to <www.easternprogress.com>

Have an opinion about something on campus? Drop us a line at progress@eku.edu

EAT SMART.

Proper nourishment for the body makes the mind function better.

EAT HEALTHY.

SUBWAY

WE DELIVER 624-9241

Located on the Corner of Second & Water St.

Dine-in/Carry-out Hours: Mon-Sat 10:30 a.m. - 12 midnight, Sun 11 a.m. - 11 p.m.

Delivery Hours: Mon-Sat 11 a.m. - 11 p.m., Sun 12 noon - 11 p.m.

A Ticket for Success

Are you:
creative?
inventive?
artistic?
venturesome?
enthusiastic?
passionate?

Do you dream of:
developing your ideas?
being your own boss?
starting your own business?

Join SEG!

www.cb.t.eku.edu/mgt/seg

**1 Medium
1 topping
& 2 20 oz. Cokes**

\$5.99

623-0030

THE BOTANY BAY

- Large selection of body jewelry
- New age gifts
- Stickers, smoking accessories, & more!

Porter Plaza • Just off I-75 at exit 82 Behind Suzuki on The Bypass

Hours: 11-7 Mon-Sat **623-4367**

Patio Open!

Madison Garden

BARBGRILL

Join The Crew

SEG

Student Enterprise Group

Get The Booty

LEXINGTON HERALD-LEADER

eEDITION

Read an exact digital copy of the paper on your computer.

Monday-Friday	Sunday only	Friday-Sunday	Tuesday	Wednesday Issue
4 week rate - \$5.50	4 week rate - \$6	4 week rate - \$7.75	4 week rate - \$9.99	50¢

Subscribe at Kentucky.com

Fall Career Day 2003

Tuesday, September 23, 2003

11:00 a.m. – 3:00 p.m. • Keen Johnson Ballroom

Participants for Fall Career Day 2003

AGRICULTURE

Kalmbach Swine Management, Upper Sandusky, OH - Table #24

Job Description: Swine Manager Trainees.

USDA, APHIS, VS, Frankfort, KY - Table #19

Job Description: Looking to fill positions including veterinarians, animal health technicians, lab technicians, and administrative staff.

BANKING/FINANCE/INSURANCE

AFLAC, Lexington, KY—Table #64

Job Description: Insurance Sales Associate.

Fifth Third Bank, Lexington, KY - Table #53

Job Description: We are looking for candidates for our Associates Program. Also seeking candidates for Commercial, Retail, Finance, and HR internships.

First Investors Corporation, Lexington, KY—Table #54

Job Description: Currently seeking career-minded individuals to train as Financial Services Representatives with future management opportunities.

Jefferson Pilot Financial, Lexington, KY—Table #Table 48

Job Description: Seeking candidates to work in financial services, specializing in investments and insurance.

Kentucky Farm Bureau, Louisville, KY - Table #5

Job Description: Claims Adjuster, Underwriter, and Programmer Trainee.

Northwestern Mutual Financial Network, Louisville, KY - Table #26

Job Description: Seeking candidates for Financial Representative Intern - responsibilities include gaining experience in defining target markets, finding and pursuing clients, nurturing client relationships, and achieving sales. Also offering full-time positions available — we offer extensive training and support, competitive benefits, and a career opportunity that has unlimited earning potential.

Wells Fargo Financial Acceptance, Louisville, KY - Table #33

Job Description: Seeking candidates for Credit Manager positions to become apart of a comprehensive training program, learn sales techniques, credit investigation, loan interviewing and loan analysis.

COMMUNICATIONS

Clear Channel Radio, Lexington, KY - Table #1

Job Description: Various positions available

WDKY Fox 56, Lexington, KY - Table #10

Job Description: Accepting resumes for an Account Executive position (minimum 6 months local broadcast sales experience required).

CRIMINAL JUSTICE

Federal Medical Center, Lexington, KY—Table # 21

Job Description: All types of positions available, interested in all majors.

Internal Revenue Service, Lexington, KY - Table #53

Job Description: Will be hiring for Special Agent position in approximately one year. Also have possible co-op positions available.

KY Dept. of Juvenile Justice, Frankfort, KY—Table #46

Job Description: Various positions available.

Memphis Police Department, Memphis, TN—Table #14

Job Description: Seeking candidates for Police Officer and Police Service Technician positions.

Paducah Police Department, Paducah, KY—Table #57

Job Description: Seeking Police Officers.

TRADITIONAL PROGRAMS/OFFICES

EKU Army ROTC—Table #2

Description: EKU Army ROTC Recruiting Officer.

EK.U Career Services - Table #60

Description: Promoting career services to students and alumni.

EKU Cooperative Education - Table #61

Description: Promoting coop opportunities to students.

EKU MBA Program—Table #15

Description: Promoting MBA Graduate Program. Graduate Assistantships available.

WEKU—Table #6

Job Description: Various positions available in radio broadcasting.

EDUCATION

Boone County Public Schools, Florence, KY - Table #39

Job Description: Seeking Special Education LBD candidates.

Powell County Schools, Stanton, KY - Table #58

Job Description: Hiring certified teachers for K — 12 positions.

FEDERAL

The Washington Center for Internships, Washington, DC—Table #41

Job Description: Offers internships and academic seminars for a semester or a summer.

GRADUATE AND PROFESSIONAL SCHOOLS

WKU Graduate Studies & Research, Bowling Green, KY—Table #27

Description: Graduate school opportunities.

HEALTH/SOCIAL SERVICES

Baptist Hospital East, Louisville, KY—Table #4

Job Description: Registered Nurses, Speech Therapists.

Social Security Administration, Lexington, KY—Table #59

Job Description: Seeking to fill various positions.

Youth Villages, Knoxville, TN - Table #13

Job Description: Positions available for Bachelors and Masters level candidates with backgrounds in social work, psychology, counseling, criminal justice, and sociology. Internships also available.

HOSPITALITY

Walt Disney World, Lake Buena Vista, FL—Table #25

Job Description: Paid internships in various fields in Orlando, FL.

INDUSTRY/MANUFACTURING

Aisin Automotive Casting, London, KY - Table #32

Description: Tier 1 automotive supplier.

Cintas, Lexington, KY—Table #34

Job Description: Management Trainee.

Kokoku Rubber, Inc., Richmond, KY—Table #23

Job Description: Seeking candidates for Industrial Engineer or Chemical Engineer.

Kroger Manufacturing, Winchester, KY - Table #56

Job Description: Career Training Program.

UPS, Lexington, KY—Table #16

Job Description: Part-time or full-time jobs available.

OTHER

Dean, Dorton, & Ford, PSC, Lexington, KY—Table #9

Job Description: Staff Accountant.

Enterprise Rent-A-Car, Louisville, KY - Table #47

Job Description: Management Training Program.

L-3 Communications, Lexington, KY - Table #12

Job Description: Production Planner/Scheduler, Administrator, Purchasing Specialist.

Marymount Medical Center, London, KY - Table #3

TDS Restaurants, Inc., Richmond, KY - Table #62

Job Description: Positions available for all levels, from crew members to management trainees.

Thomson Learning, Independence, KY—Table #18

Job Description: Inside Sales Representative.

Toyota Child Development Center, Georgetown, KY—Table #52

Job Description: Seeking candidates to fill classroom teacher positions and substitute teachers.

US Army, Nashville, TN—Table #40

Job Description: Military service offering training and experience in over 240 job specialties.

US Coast Guard, Arlington, VA—Table #50

Job Description: Seeking candidates interested in defense preparedness, search and rescue, aids to navigation, merchant marine safety, environmental protection, maritime law enforcement and boating safety.

US Marine Corps, Covington, KY—Table #8

Job Description: Marine Corps Officers/Aviation

RETAIL

Barnes & Noble College Bookstores, Inc., Richmond, KY—Table #55

Job Description: Entry Level — Textbook Supervisor. Various positions available throughout the country.

Mary Kay, Inc., Van Lear, KY—Table #36

Job Description: Mary Kay Independent Beauty Consultants

Sherwin-Williams Company, Indianapolis, IN - Table #17

Job Description: Management Trainee - Stores Group.

Fall Career Day will be held from 11 a.m. to 3 p.m. in the Keen Johnson Ballroom and ECU students and alumni, along with students and alumni from surrounding universities and colleges, are welcome to attend.

A continually updated list of employers planning to attend the event is available at the ECU Career Services web site, www.career.ecu.edu or at the ECU Cooperative Education web site, www.coop.ecu.edu.

Parking will be available in the Ashland parking lot, located across the Eastern By-Pass from Roy Kidd Stadium. A shuttle service will provide transportation to and from the Keen Johnson Building throughout the day of the job fair.

For more information, please visit the Career Services website at www.career.ecu.edu to learn more about the upcoming career events, along with the assistance that Career Services offers to students and alumni. Feel free to contact our office by phone at 859.622.1568.

HEALTH SCIENCES CAREER DAY

Friday, September 26, 2003

9:30 a.m. – 12:00 p.m. • Keen Johnson Ballroom

Participants for Health Sciences Career Day:

American Nursing Care, Lexington, KY

Seeking ADN/BGN/OT candidates

Army Medical Department, Lexington, KY

Seeking ADN/BGN/BSN/EHS/OT candidates

Blount Memorial Hospital, Maryville, TN

Seeking OT candidates

Cabinet for Health Services, Frankfort, KY

Seeking to fill various health services position

Cardinal Hill Rehabilitation Hospital, Lexington, KY

Seeking ADN/BGN/Hi/OT candidates

Caritas Health Services, Louisville, KY

Seeking ADN/ BGN/ CLS/ OT candidates

Central Baptist Hospital, Lexington, KY

Seeking ADN/BGN/CLS/OT candidates

Clark Regional Medical Center, Winchester, KY

Seeking ADN/BGN/BSN/CLS candidates

Covenant Health, Knoxville, TN

Seeking ADN/BGN/CLS/Hi/MAPI/OT candidates

Eastern State Hospital, Lexington, KY

Seeking ADN/BGN/CLS/EHS/E&SSPE/HP&A/HE/Hi candidates

EKU Army ROTC, Richmond, KY

Seeking BGN candidates

Ephraim McDowell Health, Danville, KY

Seeking ADN/BGN/BSN/CLS/MAS/OT candidates

Hardin Memorial Hospital, Elizabethtown, KY

Seeking ADN/BGN/BSN/OT candidates

Health Alliance, Cincinnati, OH

Seeking ADN/BGN/CLS/E&SSPE/MAPI/OT candidates

Healthcare Therapy Services, Indianapolis, IN

Seeking OT candidates

HealthSouth No. KY, Edgewood, KY

Seeking ADN/BGN/OT candidates

James B. Haggin Memorial Hospital, Harrodsburg, KY

Seeking ADN/BGN candidates

Jewish Hospital, Louisville, KY

Seeking ADN/BGN/CLS/OT candidates

Kindred Hospital Louisville, Louisville, KY

Seeking ADN/BGN/BSN candidates

Laurel Heights Home for the Elderly, London, KY

Seeking ADN/BGN/MAPI candidates

LifePoint Hospitals, Georgetown, KY

Seeking ADN/BGN candidates

Lincoln Trail Behavioral Health System, Radcliff, KY

Seeking ADN/BGN candidates

Madison County Health Department, Richmond, KY

Seeking ADN/BGN/BSN/OT candidates

Marymount Medical Center, London, KY

Seeking ADN/ BGN/ CLS candidates

Norton Health Care, Louisville, KY

Seeking ADN/BGN/BSN/CLS candidates

Owensboro Mercy Health System, Owensboro, KY

Seeking ADN/BGN/BSN candidates

Pattie A. Clay Regional Medical Center, Richmond, KY

Seeking ADN/BGN/BSN candidates

Pikeville Methodist Hospital, Pikeville, KY

Seeking ADN/BGN/BSN/OT candidates

Saint Claire Regional Medical Center, Morehead, KY

Seeking ADN/BGN/CLS/NFFA/MAPI/OT candidates

Saint Joseph HealthCare, Lexington, KY

Seeking ADN/BGN/CLS candidates

Southern Ohio Medical Center, Portsmouth, OH

Seeking ADN/BGN/BSN/CLS/Hi candidates

UK School of Public Health, Lexington, KY

Promoting opportunities for Graduate School.

University of KY Medical Center, Lexington, KY

Seeking ADN/BGN/BSN candidates

University of Louisville Hospital, Louisville, KY

Seeking ADN/BGN/BSN candidates

VA Medical Center, Lexington, KY

Seeking ADN/BGN/BSN candidates

West Tennessee Hospital, Jackson, TN

Seeking ADN/BGN/BSN/CLS/Hi/OT candidates



LATE NIGHT BLUES

Lack of sleep could cause depression

Students' sleep loss tagged with emotional cost

By TRACY HANEY
Accent editor

It's late. You've been laboring over an English paper due tomorrow and you still need to study for a PHI 110 test. Class is at 8 a.m. and you think to yourself, "If I could be in bed by three that would give me a good four hours of sleep. That's enough, right?"

Actually, you're wrong. Dr. Pradeep Bose, director of Student Health Services said students should get at least eight hours of sleep every night.

"If you don't get an adequate amount of deep, restful sleep you can see side effects," Bose said.

One of those side effects, among irritability, lack of concentration and problems with memory, includes depression, according to Bose.

A study by psychologists at Kansas State University showed a correlation between a decrease in the number of hours students sleep and an increase in the number of reported cases of depression.

"For a number of years we've known depression and sleep problems go together," said Steve Falkenberg of the psychology department.

"Depression results from serotonin imbalance, which regulates mood and sleep," Falkenberg said. "People who are depressed, their brains act like they don't have enough serotonin."

According to Falkenberg, college students seem to be more susceptible to sleep deprivation and depression because of their hectic lifestyles.

"It's a lot easier to avoid depression if you have a regulated lifestyle," Falkenberg said. "A major difficulty is college is more expensive than it used to be ... students are working one or two jobs."

With a full load of classes, work, family and social obligations it's no surprise college students are getting less than the recommended amount of sleep.

Chastity Ison, 21, a senior math education major, said she gets, on average, five hours of sleep per night.

The Honors' student's schedule currently consists of 15 hours of classes, a job in the Alumni Relations Office, involvement in student groups and working on her senior thesis.

"I have meetings almost



Nathan Bullock/Progress

“College is a wonderfully overwhelming experience, but there are a lot of stressors. Learning how to balance all that out can get overwhelming.”

—Jen Walker
Counseling center director



Brooke Shepherd/Progress

Freshman Mary Whitaker, napping in Palmer Hall, is one of many students seen catching a few extra zzz around campus.

every night," Ison said. "Many nights I've had to stay up most of the night trying to do homework."

A schedule like Ison's is not uncommon among college students and can produce a lot of stress.

"College is a wonderfully overwhelming experience, but there are a lot of stressors," said Jen Walker, director of the counseling center. "Learning how to balance all that out can get overwhelming."

A student-need survey given last year by the counseling center indicated 28 percent of Eastern students

are suffering from depression.

"There is a lot that gets on a college student's plate," Walker said.

While Walker hasn't studied a connection with sleep and depression she said, "society could benefit from learning the impact sleep has on its performance."

For dealing with depression, Walker suggests forming a "support network" or talking with someone in the counseling center.

"Counseling offers the opportunity to talk to somebody who has studied college students," Walker said.

She also recommends exercise as an "automatic anti-depressant" and reduced negative thinking.

The counseling center is offering workshops through October to address some of the needs found in last year's survey.

Sessions include topics such as effective studying skills and stress management.

For more information, call the counseling center at 622-1303.

Reach Tracy at
tracy_haney5@eku.edu

How to deal

The counseling center's Web site offers the following advice for coping with depression:

- Build structure into your day
- Build pleasure and fun into each day
- Keep active
- Get plenty of rest and sleep
- Eat balanced nutritious meals
- Allow yourself to experience your feelings
- Keep a journal
- Challenge any negative self-talk
- Give yourself positive affirmations
- Develop a support system of positive people
- Be with people
- Listen to relaxing music
- Nurture yourself
- Give yourself time to feel better
- Seek out professional help

What's on Tap

Have a campus event or activity? Contact Cindy Held at 622-1882 or by e-mail at progress@eku.edu.

B2 Thursday, September 18, 2003

The Eastern Progress | www.easternprogress.com

Cindy Held, editor

TODAY

3:30-5 p.m.

Justice and Safety distinguished lecturer John Smykla, chair of the department of political science and criminal justice at the University of Alabama will deliver the speech "Surviving Time to Arrest" in the Stratton Building, Room 434.

7:30 p.m.

The Chautauqua Lecture Series presents Stuart J. Kaufman "Identity Conflict and the Middle East after 9/11" in the Student Services Building Auditorium.

FRIDAY

1:25 p.m.

The Eastern Chamber Winds student recital will be held in the Foster Building, Room 100.

SATURDAY

6 p.m.

Irvinton House Fall Lantern Tour at 345 Lancaster Ave. 626-1422

7:30 p.m.

Lewis and Clark's Kentucky Legacy lecture by James Holmberg of the Filson Historical Society. The lecture is free to the public in the Perkins Building, Room 212.

8-11 p.m.

Eastern vs. Western football game at Bowling Green.

PROGRESS PICK

Career days offer students jobs

By LISA COX
Staff Writer

Looking for a job to complete your co-op or to turn into a career after graduation? Eastern's office of career services can help. Career days are offered to students in a variety of fields.

This semester, the Office of Career Services and the Office of Cooperative Education will promote four different career days beginning with Fall Career Day on Tuesday, Sept. 23.

Amanda Tudor, associate director for the office of career services, has been working hard to get information out about the career days that she feels will benefit all students.

"Fall Career Day is an excellent opportunity for students and alumni to explore career options available to them and enhance their career prospects by meeting and networking with potential employers from a wide-range of industries," Tudor said.

Students in various fields of study can choose to network with a number of businesses seeking possible employees. Employers attending include Youth Villages, a private non-profit organization for troubled children and families based in Knoxville, Tenn., WDKY Fox



Progress file photo

Tony Curtis serves as speaker at a previous Eastern Career Day.

56 in Lexington, seeking an account executive, and Kokoku Rubber Inc., in Richmond, seeking a chemical or industrial engineer.

Many students such as Beth Hack have taken advantage of Fall Career Days in the past. Hack, a sophomore exercise science major, said she would "really encourage especially freshman and sophomores to go just to see what it's like later on. Even if you don't find anything there, it is good to see the professionals to do networking. (Networking) is good practice for anyone."

Parking will be available in the Ashland Parking Lot located across the Eastern Bypass from Roy Kidd Stadium. A shuttle will provide transportation to and from the Keen Johnson Building throughout the day of the job fair.

The Health Sciences Career Day rounds out the week from 9:30 a.m.-noon Sept. 26 in the Keen Johnson Ballroom. The event is coordinated by the health sciences department and features careers for students in the field.

Representatives from various organizations will be pre-

sent to recruit Eastern students for employment opportunities. Some of the facilities will have scholarship monies available to students still working on their degrees. For more information about participating agencies, check out the department's Web site at www.ced.eku.edu.

The following week will begin with the Graduate and Professional School Fair from 1-3 p.m. Sept. 30 on the first floor lobby of the Powell Building. This event will allow current students and alumni to meet with admissions representatives from surrounding colleges and universities to discuss professional degrees and educational opportunities that they may be interested in pursuing.

The final event for the semester will be the December Teacher Job Fair for students in education completing their student teaching requirements this fall. All education majors are welcome to attend. The job fair will be held from 1-3 p.m. Dec. 5. The location for the event has yet to be announced.

To contact the office of career services Office visit the Web site at www.career.eku.edu or call the office at 622-1568.

Reach Lisa at
lisa_cox@eku.edu

MONDAY

6:30 p.m.

The new book discussion at the Madison County Public Library; Richmond branch, will have its first meeting. The book for September is "The Last Girls" by Lee Smith.

7 p.m.

The Wildlife Society's "Birds of Prey" exhibit will be in the Moore Building, Room 100. Admission is free.

7:30 p.m.

Poet Stephen Corey will give a poetry reading in the Powell Building's Kennamer Room.

7:30 p.m.

The League of Women Voters of Berea and Madison County will convene for its first meeting in Berea's Police and Municipal Building.

TUESDAY

5-6 p.m.

"Study smarter, not harder" Effective study skills. Part one of a two session workshop in the Student Services Building, Room 567. To enroll call 622-1303. Enrollment is limited.

WEDNESDAY

9 p.m.

The Association of Black Collegians will hold its weekly meeting in the Combs Building's Ferrell Room.

CHURCH DIRECTORY

Abundant Life Ministries

1705 Irvine Rd.
(classes for all ages & nurseries available)
Phone: 859-623-5366
Sunday school: 10 a.m.
Sun. Morning Worship: 11 a.m.
Sun. Evening Worship: 6 p.m.
Wednesday evening: 7 p.m.
Radio Services: Weekdays at 1:30 p.m. on WCBR 1110 AM
Van rides available on or off campus. (Contact church & leave message.)

Big Hill Avenue Christian

129 Big Hill Ave.
Phone: 859-623-1592 (office)
Phone: 859-623-6600 (answering machine)
Sunday School: 9:45 a.m.
Sunday Worship: 10:45 a.m.
Evening Worship: 6 p.m.
On Wednesday, Christian Students Serving Christ meets at 7 p.m.
Call the office at one of the numbers listed above for transportation to meetings.

Church of Christ

461 Tobiano (in Brookline Sub. off Goggins Lane — West side I-75)
Sunday: 9:30 a.m., 10:20 a.m., 6 p.m.
College Bible Study: -
Wednesdays, 7 p.m.
Ride: 624-2218 or 985-1924

Episcopal Church of Our Saviour

2323 Lexington Rd. (U.S. 25 N.)
Phone: 859-623-1226
Sunday Worship: 8:30 a.m. and 11 a.m.
Adult Education: 9:30 a.m.

First Alliance Church

1405 Barnes Mill Rd.
Phone: 859-624-9878
Sunday School: 9:30 a.m.
Sunday Worship: 8:27 a.m., 10:45 a.m. & 6:30 p.m.
Wednesday Night Prayer and cell groups: 7:00 p.m.
College age fellowship activities, Fall and Spring Retreat
For free transportation to Sunday services, call 859-624-9878.

First Baptist Church

Corner of Francis & Collins Street
300 Francis St.
Robert R. Blythe, Pastor
Phone: 859-624-2045
Sunday School: 9:30 a.m.
Sunday Worship: 11 a.m.
Wednesday Bible Study: 7 p.m. (classes for all ages)
1st Friday Prayer Circle: noon (1st Friday of each month).

First Baptist Church

350 W. Main at Lancaster Ave.
Phone: 859-623-4028
Sunday School: 9:40 a.m.
Sunday Worship: 8:30 a.m., 11 a.m. & 6 p.m.
Wednesday Worship: 6:15 p.m.

S.U.B.S.: 7:30 p.m. at BSU Center, Supper and Bible Study

First Presbyterian Church

(PCUSA)
330 W. Main St.
Phone: 859-623-5323
Sunday School: 9:45 a.m.
Sunday Worship: 11 a.m.
Weekly Bible Study: Monday, 10 a.m., in the Church Parlor
Family Night Supper: (weekly and free!) Wednesday, 6 p.m., in the Fellowship Hall.

Richmond First Church of the Nazarene

136 Aspen Ave.
Phone: 859-623-5510
Sunday School: 9:45 a.m.
Morning Worship: 10:40 a.m.
Sunday evening: 6 p.m.
Wednesday: 7 p.m. — Bible Study, Youth, College & Career, Children's Programs

St. Stephen Catholic Newman Center

405 University Dr.
Phone: 859-623-9400
Sunday Mass: 5 p.m.
Sunday Supper: 6 p.m. (\$1.00)
Newman Night for all students: Wed. 9 p.m.

St. Thomas Lutheran Church

1285 Barnes Mill Rd.
Phone: 859-623-7254
Sunday Traditional Service: 8:30 a.m.
Sunday School: 9:45 a.m.
Sunday Contemporary Worship: 11 a.m.

Westside Christian Church

End of Bennington Ct. (across from Arlington)
Mailing address: 1432 Fairlane Dr.
Phone: 859-623-0382
Sunday School: 9:45 a.m.
Sunday Worship: 10:45 a.m. & 6 p.m.
Wednesday Prayer & Bible Study: 7 p.m.
Transportation available

Unitarian-Universalist Fellowship

a liberal, ethically based religion which encourages the individual pursuit of religious truth outside the confines of a particular doctrine. Adult serv-

ice, youth program, and preschool care: Sunday: 10:45 a.m. at 209 St. George Street. For more information log on to our website: www.geocities.com/madisoncountyuu, or call 925-4900 or 623-4614.

Trinity Church PCA

315 Spangler Dr.
(behind Pizza hut off the by-pass)
Richmond, Ky. 40475
Worship at 9:50 a.m.
Sunday School at 11:10 a.m.
Pastor Curt Gardner
Phone: 859-624-8910
Webpage: wildcatblue.com/users/trinity

Richmond Church of Christ

713 W. Main St.
Services: Sunday Bible School 9 a.m.: Sunday worship 10 a.m.
Sunday evening 6 p.m.
Wednesday Bible School 7 p.m.
Colonels For Christ 9 p.m.
Thursday
Powell Building
Phone: 623-8535

Red House Baptist Church

2301 Red House Rd.
Adam Dooley, Pastor
Phone: 859-623-8471
College & Career Bible Study 9:30 a.m.
Sunday Worship: 10:45 a.m. & 6 p.m.
Prayer Meeting & Bible Study 6:30 p.m.
Preschool/Children's/Youth Activities 6:30 p.m.

First Christian Church

Main and Lancaster St.
Phone: 859-623-4383
Early Worship 8:40 a.m.
Church School 9:40 a.m.
Morning Worship 10:40 a.m.
EKU Christian Connection (for all students)
Tuesday 9 p.m.

Java City™

How about a latte and
some cookies?
Stop by the Fountain
Food Court

Ask for
Bite-Sized Bliss
while it lasts

Delicious little cookies
combined with a latte of
your choice for \$4.79

Eku Dining Services

Around&About

Sara Tyree, editor

The Eastern Progress | www.easternprogress.com

Thursday, September 18, 2003 **B3**



Brooke Shepherd/Progress

Sketchin' under sunny skies

Art major Stephanie Ader takes advantage of a fair-weather day to work on her sketches in the Ravine Tuesday afternoon. Many students like the sunny, warm weather because they are able to take a break from the classroom and the library and spend their time outside. When the weather's nice, the students come outside to enjoy it.

With interest, Tai Chi Chuan can be for everyone

By CATHERINE RICHARDSON
Staff writer

Students who want to learn a martial art form are in luck this semester.

A new Tai Chi Chuan club will soon begin on campus. Students can join the club and learn Tai Chi for health, fitness, and even for self-defense.

This club will give students a chance to learn and practice the Yang style of Tai Chi Chuan.

Mason Smith, professor of English at Eastern, is the sponsor for this club and will also teach the martial art. He is a native of western Kentucky and has studied Tai Chi for 20 years. Smith also studied Aikido and other martial arts when he was younger.

Tai Chi Chuan is a form of exercise for balancing the mind and body. It can reduce stress and build strength, endurance, flexibility, balance and coordination.

What can people gain from joining the club?

"It depends on the person and their interests," Smith said. "It helps with health, and studies have been done that say it helps lower blood-pressure in older people. It is also a form of self-defense, and in addition it can be a fun social group to become a part of."

"Since the moves are done slowly, many people think it is not much of an exercise, but when I'm practicing it, my heart rate goes up and I'm working. It's harder than it looks, and it's quite healthy for you," Smith said.

The Yang style of Tai Chi Chuan focuses on building both internal energy and external strength, but this form is



Nathan Gray/Progress

Tai Chi Chuan Club sponsor Mason Smith, English professor, demonstrates a position of the "24-form" of Tai Chi called the "snake creeps up." He is most familiar with this "24-form" of the martial art.

also an art of self-defense.

For the club to be officially recognized by Eastern, Smith needs at least 15 students to join. The club can then adopt a constitution and bylaws and submit a list of members to the Office of Student Development.

Once the club is an official student organization a specific room will be assigned along with a regular meeting time.

"Our goal is to teach people the form; to have a group of interested people to learn and to grow," Smith said. There are over 103 forms of Tai Chi ranging from the 24-form to the forms using the sword.

"The numbers represent the number of postures used in each form," he said.

There are so many martial arts out there, but Tai Chi Chuan is different because of the way the body is used.

"Tai Chi Chuan is an internal Chinese martial art, versus other external, only-self-defense arts. It is using your bod-

ily energy in formations. Some instructors teach it only for health reasons, but the Yang family is interested in not losing the martial art application because it needs to be preserved," Smith said.

For more information on the martial art form, go to www.kentuckytaichi.com or the Yang family Web site at www.yangfamilytaichi.com.

There are also many interesting books to consult on the art form, such as "The Tao of Tai Chi Chuan" by Jou, Tsun Hwa.

"This is an excellent book to learn more about the art form," Smith said. "If any student or faculty member is interested I can help them find all kinds of resources."

Students who are interested in joining the club should e-mail Smith at mason.smith@eku.edu, or call him at 622-2998.

Reach Catherine at catherine_richard2@eku.edu

**PIZZA
MAGIA**

236 West Main Street

HUNGRY?

1 large
1 topping

\$5.97

limited time only

624-0404

Add Bread Sticks or
Sweetie Pie \$1.99

• PIZZA

• BREAD STICKS

• STROMBOLI

• WINGS

• SWEETIE PIE

• CHEESE BREAD

www.galaxybowling.com



**Galaxy
Center
Bowling**

3,000 sq. ft.
arcade!

Karoke Monday and Tuesday Nights

- \$1 Draft - \$2.25 Wells

- 1/2 Price Appetizers

- Corona buckets for \$6

- LIVE MUSIC by AFTERSHOCK Friday & Saturday at 9 p.m.

Come enjoy **NTN TRIVIA** at Champions Restaurant!

Available anytime, interacting with sports bars across the US!

Special Bowling rates with student Id.

1025 Amberly Way • 624- 4444

GET PAID TO
GO TO SCHOOL.
TALK ABOUT
ROLE REVERSAL.

The U.S. Air Force will pay for you to continue your education while you serve your country as a nurse. Through selection into the Air Force Institute of Technology program, you could earn your advanced degree in as little as two years and get paid to do it. You'll be part of an elite team of medical professionals who have chosen to serve their country in this proud institution. To learn more about Air Force Nursing, please visit airforce.com or call 1.800.423.USAF to request more information.



Sports

B4 Thursday, September 18, 2003

The Eastern Progress | www.easternprogress.com

Todd Purvis, editor

Volleyball wins six in a row

Volleyball team having best season since 1990

By EBONY HIGHTOWER
Assistant sports editor

The Eastern volleyball team is on a roll. They will be heading into this weekend's tournament at Florida State in Tallahassee with a six-game winning streak.

"They have not had a season like this since 1990," Head Volleyball Coach, Lori Duncan said. "The team is playing exceptionally well thus far. No team since I've been here has had a streak like this."

During the weekend the team played in a tournament in Oxford, Ohio. Eastern faced Hofstra in the first match. And, despite losing the first game the Colonels came back and won the four-game match 22-30, 30-26, 30-26, 30-28.

Hofstra took an early lead during the first game. The Colonels were not going down without a fight. They came back and tied the game at 10-all. The lead went back and forth between the two teams and after a 15-15 tie Hofstra came back and won 22-30.

Eastern started the second game with a service ace by senior setter/outside hitter Joyce Moeller. The Colonels went on to take a 7-3 lead early in the game. This game proved to be just as challenging as the first. Hofstra tied the game five times before they took a 25-24 lead. Eastern did not let that lead last for long. They answered back with a 6-1 run down the stretch. Eastern won 30-26.

Eastern played catch-up during the third game, however. They trailed in the early part of the game 11-15. But, Eastern went on a 10-3 spurt and took a 21-18 lead. Freshman outside hitter Jessica Sabath collected five kills during the spurt. Eastern won this game 30-26.

Eastern now had a two to one game lead in the match going into the fourth game. They had to win this fourth game in order to win the match. The Colonels had a 20-15 lead early on. Hofstra came back and tied the score at 25. Eastern answered back with three straight kills after a kill by Sabath. Hofstra error and a block by Guard and freshman Grabowski. Eastern won this game 30-28.



Brett Gibson/Progress

Kasha Brozek prepares to jump as Kelly Jennings reaches for the ball at a game last week.

"No team since I've been here has had a streak like this."

—Coach Lori Duncan
Head volleyball coach

game 30-28.

Sabath led the Colonels with 22 kills and 28 digs for a .288 hitting percentage. Junior and co-captain Leslie Aldridge added 12 kills and 23 digs for a .135 hitting percentage in this match.

The first day of the tournament proved to be a good one for the Colonels. They won the

first match 3-1 against Hofstra. Then they faced the home team Miami in their second match of day two of the tournament.

In the first game of the match Eastern took an early 10-8 lead. The Miami of Ohio Redhawks did not take it lying down. They went on a 9-3 run against the Colonels. The Colonels fell to the Redhawks 20-30 in the first game.

The Colonels came back from a 7-4 deficit to lead the Redhawks 16-13. The Redhawks returned and scored three unanswered points to even the game at 16-all. The game went back and forth after that. And after two miscues and a kill by Sabath, the Colonels won the second game 31-29.

Game three of the match was all Eastern. Miami had to play catch-up and caught the Colonels making it a 28-28 game. A Redhawk service error put the Colonels back on

top. Guard and Aldridge teamed up on a block for Eastern and Aldridge came back in with a kill to give Eastern a 31-29 win in this game.

The Colonels were down 24-27 late in the fourth game but the Redhawks could not stop them. A kill by freshman setter Kelly Jennings and a block by Guard and freshman outside hitter Denise Grundhoefer gave Eastern a 33-31 win over Miami for the game and a 3-1 win for the match.

Aldridge, who tied a career-high 19 kills, paced Eastern with a .405 hitting percentage. Aldridge added 24 digs and three blocks. Sabath added 15 kills, 23 digs and two blocks for her seventh double-double effort this year. She had a .188 hitting average for the match. Guard contributed 14 kills, seven blocks and a career high of six block assists for the

See VOLLEYBALL, B5

Eastern vs. Western: Rivalry battle heats up

By TODD PURVIS
Sports editor

This weekend, the Colonels will be traveling to Bowling Green. Here they will take part in one of the most heated rivals of in college football. The Colonels are set to take on the Western Kentucky University Hilltoppers at L.T. Smith Stadium this Saturday.

"This is one of the oldest rivals in college football," Head coach Danny Hope said.

Western comes into this season as the defending national champions in Division I-AA football, and they are currently ranked No. 3 in the nation, according to the ESPN/USA Today Division I-AA Top 25 Poll.

"Western plays the game hard, and at a fast tempo," Hope said. "In order to beat Western, we'll have to play good football for four quarters, and we need to minimize the amount of turnovers and penalties."

The Hilltoppers will be coming into this weekend's game with a record of 2-0, and will host the 1-2 Colonels.

The Colonels will be coming into this weekend's game after suffering a heartbreaking loss to Central Michigan, who scored with 17 seconds left in the game, giving the Chippewas the edge in the contest.

"We were really encouraged from how we played against Central Michigan," Hope said.

The Colonels also dropped their season opener to the Bowling Green State University Falcons, by a margin of 63-13, both of these teams are Division I-A schools.

Western comes into the competition with wins against NAIA school Union College by a margin of 51-3, and they were able to defeat Division I-AA West Virginia Tech by a

"We have a football team that aspires to try to do something special this year, and they are really looking forward to playing this game."

—Danny Hope
Head football coach

score of 67-3.

Entering Saturday's game, Eastern will be led by their high-powered offense, which set a stadium record of 614 yards at Central Michigan last weekend. The Colonels will be led by quarterback Matt Guice, who has five total touchdowns on the season, and they will be led by the play of wide receiver, Andre Ralston, who has three receiving touchdowns on the year.

"We have a chance to be a really explosive offense," Hope said.

On defense, Eastern will be led by safeties Donell Allison and Pierre Wright. Allison has 24 tackles and one interception in three games played, and Wright has racked up 20 tackles in just two games.

Like the Colonels, Western has also added more of a passing game to their attack from last season.

"They (Western) are a more diversified offense than last year," Hope said.

Coming into the game, the Hilltoppers are led by run-

See RIVALRY, B5



Nathan Gray/Progress

Quarterback Matt Guice rolls out to make a pass in this week's practice. Eastern will take on Western Kentucky this Saturday.

Colonels fall to Central Michigan from last second touchdown

Eastern loses early lead, drops game 42-41 to Chippewas last weekend

By TODD PURVIS
Sports editor

On a muggy afternoon of 79 degrees at Kelly/Shorts Stadium in Mount Pleasant Mich., the Colonels were in quest of their first win over a Division I-A team in 18 years. Eastern took the field last Saturday to take on the Chippewas from Central Michigan in front of 12,128 fans, where they set a stadium record by posting 614 yards of total offense.

The Colonels came out in this contest, and wasted no time as they posted three unanswered touchdowns in the first half of play, and had a halftime lead by a margin of 24-7.

"We came out and played an almost perfect first half, we really dominated the game in the first half, and we showed a tremendous amount of improvement of

where we started the season at," Head coach Danny Hope said.

Although the Chippewas trailed early in the game, they rallied back in the second half, and outscored the Colonels by 18 points in the last two quarters of play, giving them the edge by a score of 42-41.

"We walk away from the game really encouraged, if we play like we play in the first half for a whole ballgame, we've got a chance to win any given ballgame," Hope said.

Eastern came out in the game and struck first as quarterback Matt Guice capped the 51-yard drive with a 5-yard scramble to the end zone with 3:35 left in the first quarter. This score gave the Colonels the early lead of 7-0 after one-quarter of play.

The Colonels then came out in the second quarter, where they continued to have an

impressive showing. They drove the ball 86 yards down field, and completed the drive with a 23-yard touchdown pass from Guice to sophomore wide-out Andre Ralston, with 13:21 left in the half, the Colonels led by a score of 14-0.

Eastern then tacked on another touchdown with 10:11 left in the second quarter, pushing the score up to a 21-0 lead for the Colonels. The high-powered Colonel offense marched the ball 80 yards down field and scored on the drive, by a 5-yard run from junior tailback C.J. Hudson.

After the Colonel defense played 28 minutes of shutout football, they gave up a touchdown with 1:12 left in the first half, narrowing the lead to a 21-7 margin. On this score, Central Michigan's Jeff Perry connected with Justin Harper for a 7-yard touchdown pass.

Although the Colonels gave up a touchdown with 1:12 left in the half, they drove the ball down the field and were able to get into field goal range of Swann. Swann kicked a 33-yard field goal as time ran out on the clock, giving the Colonels a solid half time lead of 24-7.

"In the second half, we let up a little bit, and allowed them to sneak back into the game, and get their foot back into the door," Hope said.

In the third quarter of play, the Colonels picked up right where they left off, as they tacked on another three points from a 37-yard field goal by Swann. After Eastern scored, the Chippewas answered with another touchdown, coming from a Perry pass, to wide-out Kenan Lawhorn, which was good for an 18-yard strike to the end zone with 8:15 left in the third quarter.

After the Chippewa touchdown, the Colonels answered with another demanding drive, in which they once again marched 80 yards down the field, and found the end zone from another ground attack by Hudson, who managed to get in from 15 yards out.

Central Michigan then racked off three straight touchdowns in a six-minute time span, leaving the Colonels trailing the Chippewas by only one point. Eastern then bounced right back and scored on a 80-yard pass to Ralston from quarterback Adam

See LOSS, B5



Nathan Gray/Progress

Coach Danny Hope gives the team some encouragement during a practice this week. Hope is preparing for his first Eastern vs. Western game as head coach.

VOLLEYBALL: Fan support key to victory



Brett Gibson/Progress

The volleyball team listens intently as Coach Duncan sets up a play during last week's game.

From Page B4

match. She had a .382 hitting percentage for the match. Sabath and Aldridge were both named to the All-Tournament Team.

Despite winning both matches the Colonels did not win the tournament. The Colonels never faced the Cincinnati Bearcats, which also went undefeated during the tournament.

The Colonels won their matches 3-1 and 3-1. The Bearcats won both of their matches 3-0 and 3-0 giving them the tournament title.

This weekend will travel to Tallahassee, Fla. to play in the Florida State Tournament. The team will face top ranking Florida State Seminoles and Miami Hurricanes during this tournament.

"This is going to be their

Fan support helped us win the fifth game.

—Lori Duncan
Volleyball head coach

toughest tournament yet with new challenges. How we respond to these challenges will determine how we will do in this tournament," Coach Lori Duncan said.

The Colonels will begin their OVC season against University of Tennessee Martin on Sept. 26. The Colonels were so proud of their fan support during the first home game. The fans supported them through the entire two hours.

"The team won the fifth tie breaking match because of the fan support," Coach Duncan said.

Reach Ebony at
ebony_hightower@eku.edu

LOSS: High-powered offense falls to Central Michigan

From Page B4

Ellis, which gave the Colonels the lead 41-35, but it was only temporary.

The Chippewas then drove the ball 75 yards down the field where Perry was able to find the end zone from 2 yards out, putting Central Michigan ahead by a score of 41-42.

"At the end of the game, we made some errors and they got themselves into position to win the game, and did. It was another valuable lesson to us, as far as finishing something that you started," Hope said.

The Colonels were once again led by quarterback Guice,

who was 21 of 27, for a career-high of 290 yards with one passing touchdown, he also chipped in with 24 rushing yards on 13 carries and one rushing touchdown. Guice was selected as the OVC Newcomer of the Week.

The offense was led by Ralston, who grabbed a career-high of eight receptions with 211 receiving yards on the day. Ralston found the end zone on two different occasions, one being a 23-yard pass from Guice and another being an 80-yard pass from Ellis. Ralston was named OVC Offensive Player of the Week.

"It was a great game, offensively we were hitting on all cylinders and playing the game a lot faster than we did in the past," Hope said.

On the defensive side of the ball, the Colonels were led by senior safety Pierre Wright, who had a total of 12 tackles on the day. Linebackers Brian Holt and Justin Rivers, and Defensive Tackle Josue Cineas also chipped in with seven tackles for the contest.

"Our defensive front came out and really held their own against a big, talented Central Michigan offensive line," Hope said.

Late in this battle, the Colonels suffered from some costly penalties that later came back to haunt them. On the day, the Colonels had 13 penalties for a total of 112 yards, while the Chippewas had only six penalties, totaling 60 yards.

"We went on the road and proved that we could play, and played well, well enough to win against any form of opponent," Hope said.

Reach Todd at
todd_purvis1@eku.edu



Nathan Gray/Progress

An Eastern player tries to elude a defender in practice this week. The Colonels will take on the No. 3 ranked Hilltoppers this weekend.

RIVALRY: Colonels ready for Hilltoppers

From Page B4

ning backs Chris Miller and Lerron Moore. Miller has two touchdowns on the season, and Moore has a team-high four touchdowns. Western will also be led by freshman quarterback Justin Haddix, who has thrown for three touchdowns in two games this season.

"They have a great running attack, and a good quarterback," Hope said.

The Western defense has only allowed 63 rushing yards in the two games that they

have played this season. This season, the Hilltopper defense has only given up an average of 175 of total offense per game, and has yet to give up a touchdown for the season.

"They're really strong on defense," Hope said.

The series between Eastern and Western is a rival that dates back to 1914. In this series, the two teams have played 78 times, and the Hilltoppers lead the series 42-33-3. The last time the

two teams met, Western won the offensive struggle by a margin of 6-3, this win for the Hilltoppers snapped a two-game winning streak for the Colonels.

"We have a football team that aspires to try to do something special this year, and they are really looking forward to playing this game," Hope said.

Tickets for the game are on sale at the Eastern Athletics Ticket Office in of Alumni Coliseum, Room 126, and will be selling for \$14 each. Student tickets will be \$7 each, and may be purchased at the Powell Building.

Kick off for Saturday's game is set for 8:07 p.m. For those who will not be able to make the trip to Bowling Green but are interested in viewing the game and, the game will be televised live by College Sports Television.

"This is one of the top ten sporting events in Kentucky," said Hope. "It will be a packed house."

Reach Todd at
todd_purvis1@eku.edu



Nathan Gray/Progress

Quarterback Adam Ellis throws the ball during practice this week as they prepare for the Western Kentucky Hilltoppers Saturday.

Cross Country teams compete in Purdue Invitational

PROGRESS STAFF REPORT

This past weekend, coach Rick Erdman's men's and women's cross-country teams traveled to Purdue University, to participate in the Great American Legends meet. Here, the women's team picked up the win, and the men's team finished sixth in the meet.

The lady Colonels picked up the win in the nine-team field, where they finished nine points ahead of Purdue, that finished second in the competition.

Junior Wendee Embry led the way for the women's team, finishing first in the meet.

Embry smoked the field, where she covered the 3.1 mile distance with a time of 18:39.

Four other runners finished in the top 10, as Tiffany Cartwright finished fifth with a time of 19 minutes flat. Molly Datillo came in seventh, posting a time of 19:07, and Laura Schutte

came in eighth with a time of 19:08. Rounding out the top 10 was Eastern's Kelli McClung who placed tenth on the day, with a time of 19:13.

Final scores in the women's meet were Eastern winning with 31 points, followed by Purdue with 40; Loyola (Chicago) at 76; Western Michigan, 81; Wisconsin-Milwaukee, 132; DePaul, 182; Indianapolis, 197; Wright State, 215; and Danville Community College, 291.

Other participants for the lady Colonels were Erica Nichols, who came in 39th place, with a time of 20:23. Courtney Engel finished in 48th place from posting a time of 20:45.

Beth Silvers crossed the line at the 61st position, with a time of 21:28, while Julie Ribley came in right behind her in 65th place, with a time of 21:33.

Allison Smith came in at the 74th position with a time of 22:11.

The men's team finished sixth in the competition, trail-

ing the U.S. Naval Academy, by 107 points. Sophomore Steve Maina was the top finisher for the Colonels, he came in at the seventh spot in the 5-mile run with a time of 25:48.

Other Eastern finishers were Phil Scott, who placed 19th, with a time of 26:24 on the day. Corneli Chelule-Kipkouri came in at 25th place, where he recorded a time of 26:34 while Brent VanOrsdel finished 53rd with a time of 27:36.

Other Colonels that placed were Daniel Kor, who finished 62nd and ran a 28:12 on the day. Goefrey Rutto came in at the 79th spot, and recorded a 29:45. And George Canter crossed the line in 87th place at a time of 31:32.

The women's team will be running again Friday in the Queen City Invitational and Saturday in the Berea College Invitational.

The men's squad will be competing Saturday at the Old Timer's Meet at Western Kentucky University in Bowling Green.

**DVDs
MOVIES
ADULT TOYS**

OPEN 24 HOURS

Interstate News & Tobacco
161 N. Keeneland
859.624.1122

Large selection of classic movies
Tobacco products
Rentals & Adult Magazines

- Viewing Booths
- Big Screen Room

\$5 OFF
YOUR NEXT
SALON SERVICE
WITH ECU STUDENT I.D.

valid thru September 30, 2003
Walk-ins welcome. Excludes any other offers.

REGIS SALON

Located in Richmond Mall, 624-0066
Hours Mon-Sat 9am-9pm Sun noon-6pm

**Friday & Saturday
Seafood
Specials!**

**Madison
Garden**
BAR & GRILL

650 Eastern ByPass

KING BUFFET

Richmond, KY 40475
(Next to Winn-Dixie) (859) 626-3333

Lunch \$5.39
Monday - Friday 10:30 - 3:30 p.m.
Children 3-6 \$2.99 • 7-11 \$3.99

Brunch \$7.50
Sat., Sun., Holidays 10:30 - 3:30 p.m.
Children 3-6 \$2.99 • 7-11 \$3.99

Dinner \$8.50
Monday - Thursday 4 p.m. - 9:30 p.m.
Children 3-6 \$3.99 • 7-11 \$4.99

Friday - Sunday & Holiday \$9.99
4 p.m. - 10:30 p.m.
Children 3-6 \$3.99 • 7-11 \$4.99
Children Under 2 FREE

882 Eastern ByPass

**GRAND CHINA
BUFFET**

Richmond, KY 40475
(Next to Kroger) (859) 624-3888

Lunch \$5.39
Monday - Friday 10:30 - 3:30 p.m.
Children under 12 \$2.99

Brunch \$7.50
Sat., Sun., Holidays 10:30 - 3:30 p.m.
Children under 12 \$2.99

Dinner \$7.99
Monday - Thursday 4 p.m. - 9:30 p.m.
Children under 12 \$3.99

Friday - Sunday & Holiday \$9.50
4 p.m. - 10:30 p.m.
Children under 12 \$3.99
Children Under 2 FREE

Buffet Price Includes

Mongolian B.B.Q.

**EKU Faculty
Staff & Student**

**10% off Lunch
15 % off Dinner
with ECU I.D.**

Over 100 Items Daily!

**10% off Lunch with ECU I.D.
15% off Dinner with ECU I.D.**

Can not combine with other offers.

**A Ticket
for Success**

Are you:
creative?
inventive?
artistic?
venturesome?
enthusiastic?
passionate?

Do you dream of:
developing your ideas?
being your own boss?
starting your own business?

**Join
SEG!**

www.cbT.eku.edu/mgt/seg

The Studio

B6 Thursday, September 18, 2003

The Eastern Progress | www.easternprogress.com

Katie Weitkamp, editor

In the
Sound Booth
with Katie Weitkamp



'Newlyweds' shows stupidity

Chicken is chicken, tuna is fish, but when you're a celebrity, apparently you don't have to know this; that's what Jessica Simpson taught me.

Her new show "Newlyweds: Nick and Jessica," with husband Nick Lachey of 98 Degrees, keeps reinforcing the idea that celebrities live in their own unrealistic worlds. Ask anyone who's ever been camping, and even people who haven't been camping, what to take on a trip and you probably won't find a Louis Vuitton handbag on the list, but when you're a celebrity, things change.

The MTV show follows the two through their first year of marriage, showing the adjustment period of living together. The entire show seems to be an endorsement for living together before marriage.

While watching the show you have to wonder how well they knew each other before tying the knot. How can she unknowingly spend \$700 on a couple of bras while her husband is willing to move his entire apartment with his friends rather than pay a couple hundred dollars for movers?

Simpson also said that she wants to be a good role model for young women, but a camera catching her threatening to shoot her husband's genitals off if he ever cheated is not quite the innocent, virginal persona she projected before the show aired.

I'd like to believe MTV catches Simpson at her stupidest moments and exploits them, but she can't deny that they happened — the world is watching. Perhaps she and Lachey should have taken a few more minutes to think about what doing a television show like this actually means, rather than looking only for publicity.

Reach Katie at
katherine Weitkamp@eku.edu

Richmond hosts Xtrem weekend

By KATIE WEITKAMP
Managing editor

Richmond is going Xtrem this weekend. At Irvine McDowell Park there's going to be more than swinging and sliding going on. Instead of the normal leisurely walk in the park, residents of Richmond will hear live music, participate in skating competitions and may get hit with paintballs.

Hijinx Skate, High Velocity and Live Wire are all working together to make the first annual Xtrem Richmond Skate and Paint Event a success. It will be held Sept. 19 through Sept. 21.

After being contacted by Jeremy Wilson from Xtrem energy drink, Alicia McEuen, owner of Hijinx worked hard to make an Xtrem event for Richmond.

"They originally wanted to make it a Fourth of July event," McEuen said. "But it was so humid and there were no college students around. We decided to do it when the weather cooled off — sometime in September after students would be back."

The event will include demonstrations and competitions in skateboarding on beginning, intermediate and advanced levels. Also, music from local bands and paintball competitions will be going on during the entire weekend.

Chris Benker, a graduate student studying geology is going to participate in the competition, he said the event is important to Richmond.



Nathan Gray/Progress

Bryan Frasier, a 14-year-old from Richmond hones his skateboarding skills to get ready for this weekend's skate fest in Irvine McDowell Park.

"You look around and see baseball fields and soccer fields, but there is really no where to go to skate," Benker said. "A lot of times kids are (practicing) and get kicked out. This will give them some place to practice."

The city of Richmond has been an important part of making the event a success, McEuen said.

"Thanks to (the city), so much," said Jessica McEuen, manager of

Hijinx and a freshman at Eastern.

Jessica and Alicia said the city found a way to make the ramps for the skating competitions and are even looking forward to more Xtrem competitions in Richmond in the future.

"David Evans and Ken Gorman helped tremendously," Alicia said. "When I called David Evans to ask about (the event) he gave no hesitation."

Students get chance to grade professors online

By KATIE WEITKAMP
Managing editor

If students ever wanted to grade their professors for a change, they have the chance in cyberspace. RateMyProfessors.com allows students to share their thoughts about their professors with anyone who wants to take a peek.

Easiness, helpfulness and clarity are the categories, which are rated on a five-point system. In addition, if you can remember how many students started out in the class and how many ended in it, you can even report how many people dropped the class. If someone

thinks the professor is hot, a little chili pepper is put next to his or her name. There is a place for comments as well.

There are 128 Eastern professors from all subjects on the Web site. The idea is that students can give feedback to other students when they are looking for professor's to take classes under. Each school has a moderator that attends that school who looks over the students' comments to avoid any

libel cases.

If a professor is on the Web site, they won't be taken off. But, if the professor feels the comments are unfair, they have a chance to "flag" the review to a moderator where they will see that the rating is fair.

Most professors at Eastern don't have a whole lot of ratings, the highest being seven ratings, but most professors average around two or three.

The site is frequently updated, with comments added as soon as they are sent. It also has a professional appearance. However, I wouldn't use this site to determine who I took for what class because there is no way to stop anyone

from rating professors, including people who have nothing to do with or have never even heard of Eastern.

But the site can be entertaining to students and professors, who may be able to find out if their teaching styles are appreciated by their students or not.

I give www.RateMyProfessors.com three and a half palettes out of five for entertainment.



Reach Katie at
katherine Weitkamp@eku.edu

Progress Classifieds

Call:
622-
1881

Find money, find a car, find an apartment, find a job, find a deal, find a pet, find books, find a honey ...

HELP WANTED

Help Wanted: Movie extras/models needed. No exp. required, all looks and ages. Earn \$100-300 a day. 1-800-820-0167 ext. U51

Help Wanted: Part-time secretarial job with flexible hours. Please call Rusty Foley @ 582-6893.

Help Wanted: Bartender trainees needed, \$250 a day potential. Local positions. 1-800-983-3985, ext. 283.

FOR SALE

For Sale: 1990 silver Mazda 929S for \$1,500. 6 cylinder power windows and doors. about 150,000 miles. Call Renee Everett 622-1878.

FREEBIES

Free Makeover: For females with long, straight hair (shoulder length or longer). Sponsored by Locks of Love. Call Hair Sensations Beauty Salon. 626-5005.

FOR RENT

For Rent: Room for rent in private home. 3 room with full bath, 1 mile from ECU. 979-3726.

For Rent: Apartments for rent, close to campus, rental discount program, 1-3 bedroom avail. Call Anna 606-843-7571.

Roomate Wanted: Female Roomate to share 4 br/3 br house. New home with busy professional. All appliances plus w/d, amenities include satellite, internet, fireplace, large porch, wonderful farm setting with horses, giant private yard bordering on a creek. 5 miles, 10 minutes to campus. \$275/month. 626-8043.

MISC.

Spring Break! Spring Break with STS, America's #1 student tour operator. Now hiring campus reps. Call for group discounts. Info/reservations at 1-800-648-4849, www.ststravel.com.

SPRING BREAK! Sell spring break trips! All the fun and all the protection, American Express worldwide, guaranteed best buy. 1 free trip for every 10 paid or cash starting with first booking make your spring break extreme. Extreme Vacations, INC. 1-800-336-2260.

SPRING BREAK: ACT NOW! Book 11 people, get 12th trip free. Visit the official website for spring break '04. The best deals to the hottest destinations. Group discounts for 6+ www.spring-breakdiscounts.com or 800-838-8202.

SPRING BREAK:

Book 11 people, get 12th trip free. Group discounts for 6+ www.spring-breakdiscounts.com or 800-838-8202.

BIGGEST SPRING BREAK PARTY: Cruise with 100's of students on the largest & wildest student party cruise. Spend 5 days in the Bahamas from \$279.00! Includes most meals, free parties, port taxes. Ethics award winning company! www.SpringBreakTravel.com 1-800-678-6386.

SPRING BREAK: Cancun, Acapulco, Nassau, Jamaica! 7 Nights from \$459 + tax! Includes breakfasts, dinners, 20-50 hours free drinks. Guaranteed lowest prices & best party schedule. The only spring break company recognized for outstanding Ethics! Visit the best spring break site on the web. View 100's of hotel videos and reviews at www.SpringBreakTravel.com 1-800-678-6386.

CLEANING SERVICES: For your apartment or house. References available. Call 625-1840.

1/2 off 1st Month Rent 1 & 2 bedroom Apts. Turpin & Ballard Dr. Utilities Pd. Stove, refrigerator furnished. No pets. **859-314-8330.**

SKYDIVER! Kentucky Skydiving Center (866) 661-9661 **I-JUMP-KY** (800) 458-6759 www.I-Jump-KY.com **SPECIAL!** True A Jump Save Day! **Static-Line Training ONLY \$99** or Student or Family 10! Call 1-800-820-0167 today! Limited time available!

Internships First Investors Corporation now accepting applications for interns. For immediate and confidential consideration, please forward your resume and a cover letter to **First Investors Corporation, Attn: Rachela Bunch, 4750 Hartland Parkway Suite 205, Lexington, KY 40515, or fax to: (859)273-4750, or E-mail to: Recruit.487@firstinvestors.com**

1 Bdrm Apt & 2 Bdrm Townhouses. No Pets. 623-9156, 623-8985, 624-2118. **Morrow Rentals, Shade X Tree Apts.**

3bd, 2bath \$550, 196 S. Killarney lane, 979-2465 or 623-3030

SIX DAYS. NO NIGHTS. (you can sleep when you die) **18th ANNUAL KENNEBEC COLLEGE WEEK** **from \$199 to \$661** **Steamboat** **uskiithis.com** **1-888-5KITHIS (1-888-754-8447)**

FREE Ticket to Paradise www.studentexpress.com Call NOW 1-800-787-3787

Apartments For Rent

1br, with w/d, includes all utilities, \$450 month, \$450 deposit, no pets 623-3592

2 BEDROOM APARTMENT For rent. \$300 month, \$200 deposit + utilities. Call 623-9195.

2 Bedroom, Downtown Richmond. No Pets. \$365 mo + deposit. 623-1818, 623-7390, 582-1802.

2BR, washer/dryer hookup, 1 1/2bath, \$430mo, pets \$450 mo 626-8241 or 893-0448

3 BEDROOM, 2 BATH WASH/DRYER \$600 MONTH \$450 DEPOSIT. CALL 582-8413.

Nice 1 Bedroom, \$325 month, includes utilities. Call 623-0984 or 623-8481.

Back to the 90's Rent **2 bedroom** **Water paid, Laundry/Storage** **\$349. mo.** **\$200. deposit.** **623-9304**

Houses For Rent

Berea: 2 Bedroom, 1 bath, w/d hookup, appliances, storage, \$425, + \$400 dep. No Pets. 986-3636.

Country 2bd, a/c, w/d hookup, large yard, references, \$495 month, \$300 deposit, NO PETS available Oct. 1st. 328-3120 **HOUSE FOR RENT** \$550 plus utilities and deposit. Call 623-4091.

Small 2 bedroom, \$375 month, Yard, A/C. Quiet Storage, located behind 326 W. KY Avenue. Call Mike. 859-245-2349.

Berea 2 bd, 1 1/2 bath, air, appliances, \$425, plus deposit, no pets 986-4757

Bedroom stone. Near golf course, fireplace stove/refrigerator, \$525. Lease. Deposit. 859-266-3832.

Do you have property for RENT or SALE? **CALL Mayme, or Kerensa** **At 624-6881 or 623-1669** **Classified ad dept./**

Move In Today! Deposit only! No rent until October 1st. Newly Renovated, 2 bedrooms, 428 W. Walnut. Call for an appointment 624-0266.

Roommate Wanted

Roommate possible Nanny needed, pending job transfer. Call for details. 626-5718.

Personals

Secret Encounters 1-800-442-MEET .69p/m **Ladies Free!** 1-800-201-TALK VISIT singles.com /

Pets and Supplies

German Shepherd puppies for sale, registered \$200. 859-925-9259

Wanted a Toy Poodle female, black only. Call Donna 606-683-8082 or 626-3992

FREE TO GOOD HOME border Collie Spitz mix, CALL 328-2731 /

Help Wanted

A Fortune 500 company with operations in Irvine seeks experienced heavy equipment mechanic. Minimum five years experience with all types of "Yellow" Equipment. Send all resumes and salary requirements to Attn: Main-

Red Roof Inn is hiring for third shift parttime/fulltime at Athens Boonesboro exit 104. Apply in person.

Child Development Center seeking Teacher to work in Christian based Daycare Center. Lexington Road Church of God, 624-8112 **For more information.**

PAINTER NEEDED, EXPERIENCED AND OWN **TRANSPORTATION.** 859-661-0553

Now accepting applications for full time and partime cooks day & night shift. Apply in person **Madison Garden** downtown Richmond.

Part time desk clerk, house keeper & maintenance person, experienced preferred. Apply in person 105 Killarney Drive. **No phone calls.**

Experienced Tax Preparer Richmond Office. Computer Experience helpful, salary commensurate w/exp. Part-time. 859-749-6453, 859-745-1783.

Sonnys Bar-BQ is now hiring cooks. Cooks start \$7.00/hour plus \$1/hour attendance bonus. Apply in person only.

Maintenance Worker, Cleanup, Repairs, Remodeling. Established Company. Send Resume or Letter to P.O. Box 99-MW Richmond, Ky 40476.

TRUCK DRIVER Needed Class A CDL Haz-mat, Monday-Friday, Days. 623-4903

Wanted an experienced CNC Machinist with tools. For inquiries Call 624-5937.

Earn Christmas FREE on a \$10 investment call 1-800-355-4579, access code 79

Taking applications for all positions. Little Caesar's Apply in person. No Phone Calls!

Wanted piano teacher to come to my home once a week, 2nd year student 623-2601

Experienced billing person for chiropractors office, good pay, good hours, Fax resume to 626-8832.

Miscellaneous For Sale

FREE CASH! \$10,000 or more possible in 58 days or less, never repay! New programs! Free Information 1-800-964-8416 www.vision2000.com/

30 Day Warranty Reconditioned Washers Dryers, Stoves, Ref. Boone Square Mini Mall (859)314-5965

FOR SALE Kenmore Heavy Duty washer & dryer. Great condition \$200. Berea, 859-228-0000.

NEW POTATOES, RED PONTIAC, KENNEBEC, YUKON GOLD, \$12 A BUSHEL. 369-7300